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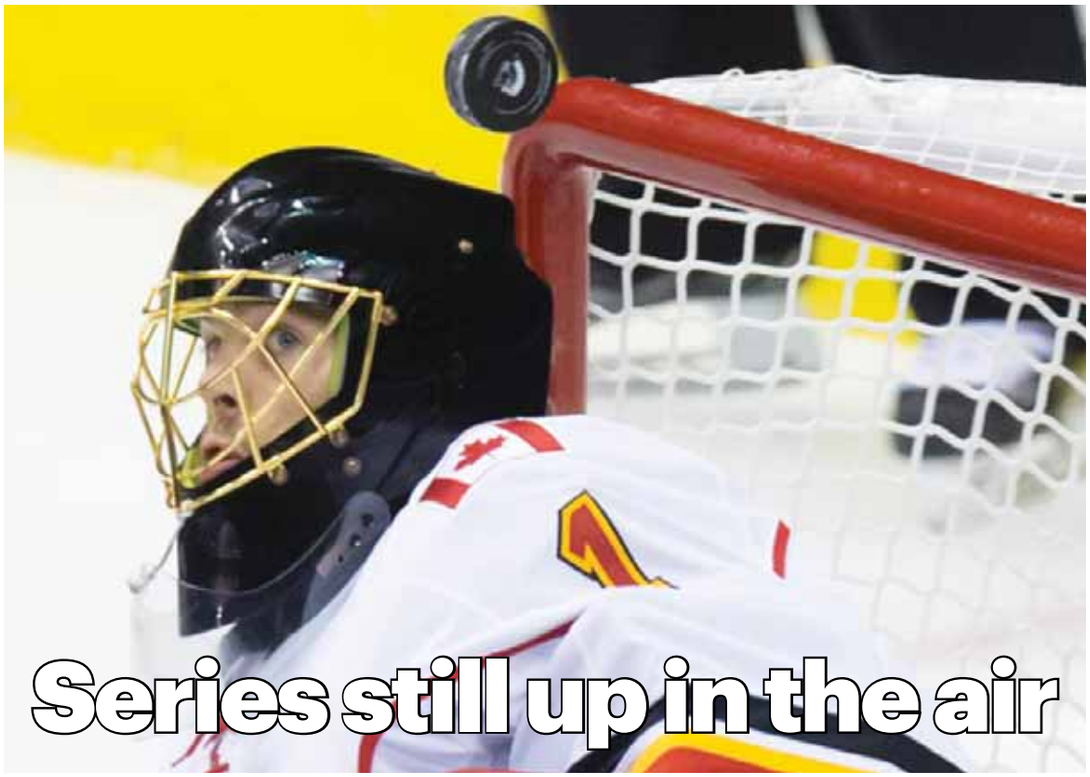

Series still up in the air

Calgary Flames goalie Jonas Hiller watches as the puck sails over his head, but stays out of the net during the second period of Game 5 of their first-round playoff hockey series against the Vancouver Canucks on Thursday. The Flames couldn't finish the Canucks off, losing 2-1. For more on the game, turn to Sports. DARRYL DYCK/THE CANADIAN PRESS

Alberta up for debate

ELECTION

Leaders spar on some issues, ignore others

Jeremy Nolais
Metro | Calgary

Laying out plans to build schools, reduce hospital wait times, and get Alberta less dependent on oil revenue were all the rage during Thursday's provincial election leaders' debate.

Other hot-button items, like post-secondary tuition and more stable and predicable funding for cities, went largely ignored.

Wildrose Leader Brian Jean, NDP Leader Rachel Notley, Progressive Conservative Leader Jim Prentice, and Liberal Leader David Swann sparred for 90 minutes in a often-heated affair that saw constant interruptions and sharp-edged attacks across the political spectrum.

But Mount Royal University political scientist Duane Bratt said, in his view, Jean and Swann often served as a "bystanders" while Notley and Prentice went toe-to-toe. He gave the edge to Notley, but said he wasn't sure how big the benefits would be for her party.

"Can this help her solidify her momentum in Edmonton? Sure," he said. "Can this open up some possibilities in Calgary? Sure. Is this about to make her the premier of the province, I don't think so. I think there's still too many challenges ahead of the NDP, despite a strong performance."

Jean, meanwhile, appeared to play to his base of support, frequently targeting the dozens of tax hikes introduced in the Tory budget last month.

But Bratt said, save for his opening remarks, Jean, a former federal MP, came off largely "robotic."

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Voters' panel weighs in on debate

YOUR VOICE

NDP's Notley makes solid impression on foursome

Jeremy Nolais
Metro | Calgary

#Metrotalks panellists Taylor Lambert, left, Parsa Samavati, Deanna Bradley and Tannis Wade take in Thursday's leaders' debate. HELEN PIKE/METRO

Four Calgarians with plans to hit the polls May 5 stopped by Metro's office Thursday night to weigh in on everything from the sweaty sheen on Brian Jean's forehead to Jim Prentice's multiple mispronunciations of his NDP opponent's name, Rachel "Notchley."

There obviously was talk of the big-ticket issues too — education, health care, climate change and more — but all four #Metrotalks panellists felt the leaders of the four major Alberta political parties were light on specifics.

Deanna Bradley, an education advocate and mother of two kids, said she's grown tired of the 44-year-old Tory dynasty and Thursday's showdown only reinforced those feelings.

"The thought that kept running through my head is the PCs have been in power since before I was born and that wouldn't be good with any party, I don't think," she said. "Change is good. Change is healthy."

NDP Leader Rachel Notley appeared to gain the most favour with the foursome, with some openly stating that her remarks appeared passionate yet constantly pointed back to her party's platform.

"She's coming across as knowledgeable and genuine," remarked Tannis Wade, a fellow mother of two and a professional who works in downtown Calgary.

She said the debate reinforced for her that "an atmosphere of change" is in the air.

Independent journalist and author Taylor Lambert said Wildrose Leader Brian Jean had to do two things in Thursday's square-off — introduce himself to Albertans and not scare away potential voters like the party did in 2012.

"He's done the second one; I don't think anyone can be scared of him," Lambert said. "But I don't feel like I know him any better than I did when I was reading about him winning the leadership. I know nothing about him. He's a robot."

For every topic discussed, it seemed there was another that fell by the wayside.

Parsa Samavati, a soon-to-graduate mechanical engineering student at the University of Calgary, said he picked up on just one slight reference to post-secondary education, when Prentice referred to it as a potential revenue stream.

"It just adds to the narrative that a lot of people in government don't care about post-secondary (or) worry about our demographic," Samavati said.

David Swann, meanwhile, did little to win over the panel, with all four saying they felt the Liberal leader took a backseat during heated discussions.

"I feel like he's kind of the meat in the seat," Wade said.

None of the panellists said Thursday's debate changed their mind about who to vote for, but some said it helped solidify their support for a particular candidate.

"Tonight is about who can provide the stability and the leadership that will be needed over the next two years."
PC Leader Jim Prentice

"You can hire Jim Prentice and his friends to keep on doing what they've been doing or we can chart a new and better way forward."
NDP Leader Rachel Notley

"I'm the only leader here tonight who will not raise your taxes."
Wildrose Leader Brian Jean

"The PCs have blown through all our resource wealth in one generation because they refuse to do the job."
Liberal Leader David Swann

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Stopping the cycle of trauma

CULTURE

Artists explore aboriginal displacement through art

Anna Brooks
Metro | Calgary

Tia Ledesma wants a different life for her children. She wants them to know their family, their heritage, their aboriginal self-image. She wants them to belong, because she never did.

"They took my name, took my clothes, took my life and washed it anew."

This section from Ledesma's poem gives readers a glimpse into the world she lost when she was taken from her family in Siksika Nation when she was five years old.

Twenty years later, Ledesma is speaking out about her experiences in the child-welfare system through Uncovering Colonial Legacies: Voices of Indigenous Youth in Child Welfare (dis)Placements, an art exhibit hosted at artBOX on 17E.

"Some youth don't want to stand up and tell their story, but they can put it on the wall," Ledesma said.

"I want to tell my story. If I'm empowered, maybe I can empower other youth to speak up."

Despite Ledesma reconnecting with her Siksika family after more than 10 years living in a "white neighbourhood with a white foster family," she says that a fractured identity is difficult to piece back together.

Estrangement from family, forced assimilation and cultural-identity crises are threads of Ledesma's life that she weaves into her poetry.

"I was really confused about who I was," she said. "I didn't belong with my foster family and I didn't belong with my real family. I was native but I didn't know what that meant."

But Ledesma's story is not unique.

Drips of colour criss-crossing up and down canvases is how 22-year-old Tyler Blackface tells his story.

Golds and whites peeking through cage-like lines represent feelings of entrapment and the illusion of life being golden, Blackface said.

Blackface said "it worked out OK" being raised by white foster parents, but it didn't diminish the ramifications of his disassociation from his Siksika family.

"I can't really complain. Being brought up white meant I wasn't a typical impoverished native kid," he said. "But everywhere I went with that family … I felt weird. All my life I've felt out of place."

Perhaps equally as alarming as the devastating effects that alienation and displacement can have on youth in care is the disproportionate number of aboriginal youth in child-welfare systems.

As of 2013, data from Alberta Children and Youth Services shows 68 per cent of the total number of children in care are aboriginal.

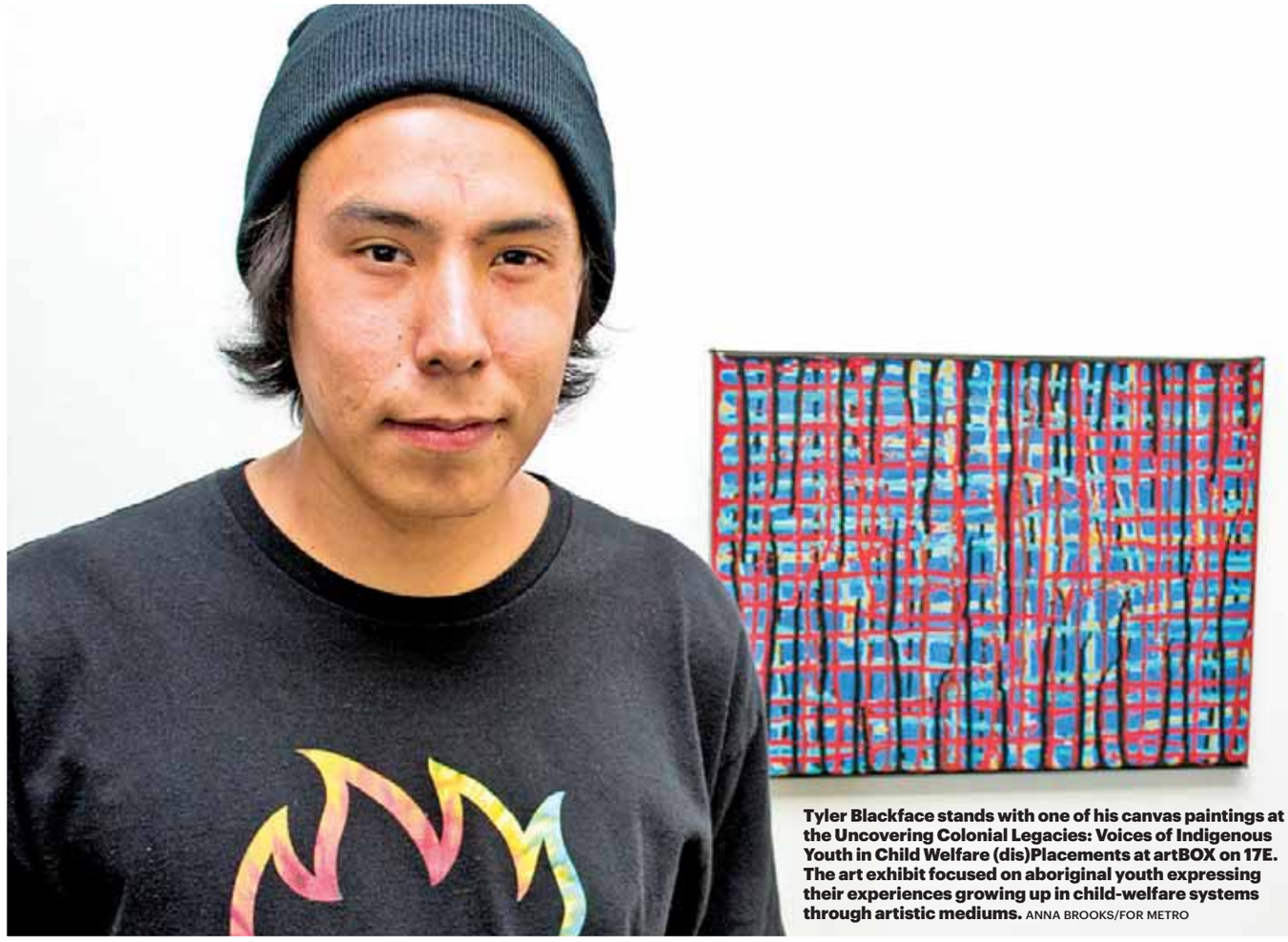
Growing up as a youth in the child-welfare system, Ledesma said her rights were denied to her.

"I remember always seeing a scary man or woman with a briefcase and papers," Ledesma recalled. "I was told I wasn't allowed to see my family. I was hurting because I wasn't with my family," she said. "I found out later I was allowed to request visits."

Ledesma said that as her own cycle of trauma comes to a close, she hopes to share the culture and heritage she never knew with her two young children.

"It's challenging to pass that on when I'm still learning myself," Ledesma said. "But I can't let that stop me. It's important for them to know who they are and be proud of that."

A painting by 22-year-old Tyler Blackface. ANNA BROOKS/FOR METRO



Tyler Blackface stands with one of his canvas paintings at the Uncovering Colonial Legacies: Voices of Indigenous Youth in Child Welfare (dis)Placements at artBOX on 17E. The art exhibit focused on aboriginal youth expressing their experiences growing up in child-welfare systems through artistic mediums. ANNA BROOKS/FOR METRO

Experts speak to marginalization

Rita Henderson, post-doctoral fellow in community health sciences at the University of Calgary, said the marginalization and perpetuation of inequalities in child-welfare systems across the country is still a serious issue that needs to be addressed.

"There's a system underlying these personal experiences," Henderson said. "We often focus on residential schools breaking people's connections to family and community, but to what extent is this ongoing in child welfare?"

Daniela Navia, a master of socio-cultural anthropology student at the U of C, said she worries the so-called "Millennium Scoop" — a resurgence of aboriginal youth apprehended and placed in the child-welfare system — is merely propagating a cycle of trauma that originated from residential schools.

"We're seeing this is happening again in a very major way," Navia said.

"There's this idea that if youth are removed from their community, things will be better. And it's a mistake that we keep making over and over again." ANNA BROOKS/METRO

DETAILS

- There are three times the number of aboriginal children in care in Canada than the number apprehended at the height of residential schools.
- Aboriginal children represent 68 per cent of the total number of children in care in Alberta.

The man who remains a person of interest in the string of vandalize occurring at Twisted Element nightclub over the past two weeks was arrested by Calgary police late Wednesday night. CONTRIBUTED

Man ID'd in relation to vandalism

GAY CLUB

Suspect tackled by club staff, apprehended by authorities

Anna Brooks
Metro | Calgary

Tearing down the street and tackling a man to the ground was not how Twisted Element nightclub owner Rayjean Fafard expected to spend his Wednesday night.

Fafard spotted a man — the same man suspected of a 14-day vandalism streak at the gay nightclub — toss a large stone and a Starbucks bag at the bar entrance over the security camera.

Bar manager Keon Brawn immediately leapt out of his chair, slammed through the emergency exit doors and raced after the suspect, who has been a living nightmare for Twisted Element staff for the past two weeks.

"We looked up at the security cameras and said, 'There he is!'" owner Fafard exclaimed. "Keon tore out of the office and started sprinting after him. As soon as he noticed us running after him, he took off running."

A chase up and down 11 Avenue led the suspected vandal to crash into Fafard, who promptly tackled him to the ground. Four police cars rushed to the scene as Fafard and Brawn kept the man detained.

While held by staff, Fafard said the man kept muttering swears, homophobic slurs and the phrase: "Stay out of my place."

"It was scary and exhilarating all at the same time," Fafard said.

Const. Andy Buck with the Calgary police diversity resource team said police have to interview the suspect before they determine if this string of incidents was hate-motivated, but police are under the assumption of this being a hate crime.

"It could be some sort of mental health issue," Buck said. "But given the surveillance footage and the nature of the business (Twisted Element), it's not unusual to think this may very well be hate-motivated. I certainly haven't come across a business that appears to have been targeted so regularly by the same person."

Buck added that the man's appearance and the fact that he remained unmasked and acted in broad daylight for some of the incidents is "pretty unusual."

Police said the man has been released, but remains a person of interest in the ongoing investigation.

ENVIRONMENT

Fire season starts off quickly in Alberta

The fire season is off to a quick start in Alberta.

Alberta Wildfire Officer Geoffrey Driscoll says there's 15 wildfires burning in the province, four times more than at the same time last year.

He says the reason is people.

Driscoll says vegetation can be ignited not only by poorly attended fires or cigarette but also by off-road vehicles and ATVs.

> **"Anywhere where the snow has left, it's left behind a high fire hazard.... It's left behind dry brown grass and leaves, and trees in those areas.**
>
> Geoffrey Driscoll

He adds the fires caused by people are the most dangerous because they are near roads and communities.

Driscoll says there are currently 350 firefighters on the province's payroll, with 150 more slated to be hired in the coming weeks.

"Anywhere where the snow has left, it's left behind a high fire hazard," Driscoll said.

"It's left behind dry brown grass and leaves, and trees in those areas, we're seeing if fires do start, they're getting big fast, and there's more fires starting."

On Wednesday, strong winds spread a grass fire to two homes near Wetaskiwin. One house was destroyed and another severely damaged.

THE CANADIAN PRESS

BYOD school plans could 'create poverty'

EDUCATION

CBE to cut back on tech expenses to offset shortfall

Jeremy Nolais
Metro | Calgary

Calgary's public school board is insisting it will be able to provide students with "equitable access" to technology, even as it plots a "bring your own device" strategy.

Cost-savings on computers, tablets and other machines were just one of numerous measures outlined in a budget report by the Calgary Board of Education that aims to close a near-$30-million operational funding gap for the 2015-16 school year. The board's trustees, however, did vote to apply $18 million in reserves to spare students somewhat.

Even still, with funding shortfalls feared in the years to come, the CBE says it will be moving towards a "break/fix model" for technology and eventually to a strategy that would see students bring their own devices.

But advocates say the devices available in some schools already aren't up to par and the gap will only grow.

"Unfortunately, the long-term implication is this is helping to create poverty," said Franco Savoia, director of advocacy group Vibrant Communities Calgary. "Because if I don't get my schooling, I'm not going to advance that way."

Savoia said, generally, research across the country shows schools in poorer areas lack up-to-date computers. Some of the issue, he said, is parents barely making ends meet often lack both the confidence to advocate for their children and the time to assist with fundraising for technology.

> **Every parent can't afford to send a device to with their kid and then there's such a variety of devices that they may not be at the same level.**
> Parent Naomi Burkinshaw

He added, "They're not always aware that help is available and the other thing is there's a sense of pride when it comes to even asking for help."

Naomi Burkinshaw's son does pack an iPad mini in his backpack, but it's mostly used to keep him entertained on the bus heading to and from his CBE school.

She also signed a form allowing him to use it during class, but said she's "not exactly thrilled by the concept" of it being relied on.

"Every parent can't afford to send a device with their kid and then there's such a variety of devices that they may not all be on the same level," Burkinshaw said. "This kid has a MacBook Pro and this kid has a 10-year-old Toshiba. There's a problem there."

The CBE, however, said in an emailed statement "there is and will be no requirement for students to bring in a device."

"The school will have other network devices that assist with learning for students to use," the statement reads. "At this time, we are still determining what measures will be in place to ensure that students have equitable access to technology across the system."

Naomi Burkinshaw is seen with her son Parker and his iPad mini, which he uses while riding the bus to school. Burkinshaw isn't so sure that parents should be relied on to supply their kids with educational devices for class. ANNA BROOKS/METRO

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REPORT

City spent $320K for 197 information requests

Calgary spent more than $320,000 handling 197 freedom-of-information requests in the last six months of 2014, according to a new city report, prompting one councillor to renew his call to raise the fees of such requests.

The city has seen "continual increases in the number of FOIP requests, which is reflected in a concurrent increase in the cost of responding to them," the report reads.

Alberta's Freedom of Information and Protection of Privacy (FOIP) Act requires most public bodies, including municipalities, to respond to requests from the public for internal documents and other information.

But Coun. Ray Jones said the city — in particular the mayor and councillors' offices — receive a lot of "frivolous" requests.

The report breaks down the costs of running the FOIP program ($275,726) and the costs, by city department, of responding to requests ($49,376) as well as the amount recovered in fees ($4,164) from July 1 to Dec. 31 last year.

Jones noted that doesn't include the work done in the offices of the city councillors and the mayor, as these political staffers are salaried and don't receive extra pay for such overtime work.

"Our assistants have to go through our files, they have to go through emails … and it takes a lot of time," he said.

Jones said a FOIP request several years ago for itemized details of expenses claimed by four members of council that amounted to less than $30,000 in total cost more than $40,000 to process.

ROBSON FLETCHER/METRO

Alex Wihak carries his son Koen on his shoulders through the Sun and Salsa Festival crowd in July 2013. METRO FILE

Farewell to a fiesta

EVENTS

Sun and Salsa Festival may not return next year

Robson Fletcher
Metro | Calgary

After 21 years, organizers of Calgary's Sun and Salsa Festival say it's impractical to continue the event in 2015 and are uncertain whether it will return in 2016.

The annual event that started quite small has grown to attract between 75,000 and 100,000 people onto Kensington streets each July.

"It's the businesses that pay for the festival and it's quite expensive to put on a party for 100,000 every year," said Annie MacInnis, executive director of the Kensington BRZ, adding that many merchants have been questioning the return on their investment.

"We're showing off the neighbourhood, to a certain extent, but people aren't shopping a lot on the day (of the festival)," she said.

Planned construction in the area was also a "precipitating factor," MacInnis added.

> **"I don't want to say it's the city's fault that we're not having the festival.**
> Annie MacInnis, Kensington BRZ

"We have two developments going up on 10th Street and we're replacing all the public realm in Kensington – the sidewalks, the unhealthy trees, the streetlights," MacInnis said. "It's kind of hard to do a festival for 100,000 in the midst of all that."

The city agreed two years ago to put up more than $4 million in surplus parking revenue to support those public-realm improvements, Coun. Druh Farrell said.

"With all the density that was occurring, all the new development, we wanted to re-invest in that community," Farrell said.

The BRZ had said on Twitter the cancellation of the festival was due "mostly" to construction, but MacInnis said that's not exactly the case.

"I don't want to say it's the city's fault that we're not having the festival," she said. "It was a decision that we took, based on a lot of factors."

There will be numerous other, smaller events in the area this summer, she noted, including "Slide the City," in which a giant slip-and-slide will be set up along 10 Street NW on Aug. 1 and 2.

MacInnis said it's still to be determined whether the Sun and Salsa Festival will return next year.

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Finding answers to shelter vandalism

CALGARY TRANSIT

In 2014, 40 per cent smashed

Helen Pike
Metro | Calgary

Calgary Transit's Brian Whitelaw stands in front of an often targeted bus shelter in the city's northeast. HELEN PIKE/METRO

Calgary Transit's new awareness campaign in partnership with Crime Stoppers and Outfront Media is only one part of the solution to smashed bus shelters.

"If we can apprehend someone at the time or close to the time that they're breaking the bus shelter, typically what we see are convictions in court," said Brian Whitelaw, Calgary Transit superintendent of public safety and enforcement.

Calgary Transit convicts about two people a year for shelter smashing. Last year, about 40 per cent of shelters were smashed — what Whitelaw called a concerning figure.

"Our goal, and certainly our hope, is that with increased awareness we'll identify more individuals," said Whitelaw, adding that more often than not they'll pursue restitution for damage over charges.

Whitelaw said that although the public has a big stake in helping Calgary Transit and Crime Stoppers find and charge vandals, there are technologies that could help keep shelters intact.

A CCTV system for shelters would be too expensive, but Whitelaw suggests that sensors or other inexpensive devices could help police catch culprits in the act.

For now, Calgary Transit and its partners are concentrating on known problem zones. Whitelaw said the northeast is one area hit hardest by vandals.

HOW TO HELP

Call 911 if you see a crime in progress, 403-262-1000 if you notice a shelter needs repair or Crime Stoppers at 1-800-222-8477 to report anonymously.

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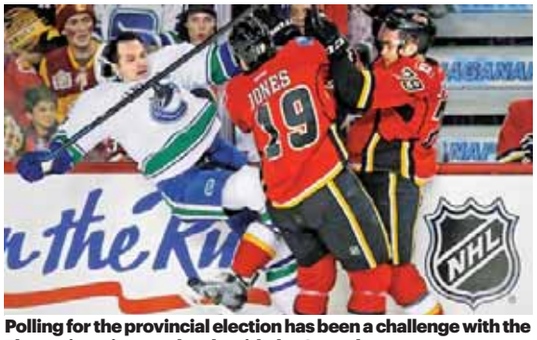

Polling for the provincial election has been a challenge with the Flames in an intense battle with the Canucks. THE CANADIAN PRESS

ALBERTA ELECTION

NHL playoffs a body check to pollsters

Pollsters trying to figure out which team the Alberta electorate is cheering for are having to stickhandle through the NHL playoffs.

Quito Maggi, president of Mainstreet Technologies, said pollsters don't expect every person they call to take part in the survey, but a healthy response rate can go on the injured reserve during a big game.

"If it doesn't fall within that normal range, then we can't say that it's statistically representative of the community," he said.

Maggi said their goal is a response rate of between four and 12 per cent, and that lets them know the sample is healthy enough to rely on. He said it's still possible to run a healthy poll and get a good sample, but when elections and playoffs run together, it's a real challenge.

"We do polling right across the country, so the playoffs have presented challenges everywhere. Luckily, Toronto doesn't have an NHL team, so that's not a problem."

RYAN TUMILTY/METRO

I'm ready to ride the Flames bandwagon

PLAYOFFS

Hockey fever could be tonic for economy

Mike Morrison
Metro | Calgary

By the time you read this, the Calgary Flames will be either moving on to the next round of the Stanley Cup playoffs, or they're about to.

Let's hope it's the former rather than the latter.

I'll give you a second for you to check to see if you've accidentally started reading a sports column. You haven't. The truth is, I'm a Flames fan. I mean, at least a little. To borrow a song from another sport, "Let me root, root, root for the home team." If they don't win it's a shame.

If the Flames keep playing the way they have been the past few weeks, it puts people like me in a tricky position. Because while I can't name a single Flames player (unless some kid's name really is Johnny Hockey), any joy I express for the team will instantly have me labelled as jumping on the bandwagon.

And sure, I didn't go to a single game this year, but have you ever considered that the Flames are only where they are today because I never went to a single game this year? After all, the sports world is ripe with superstitions; does growing a beard really increase your chances of winning a Stanley Cup? If so, Mumford and Sons should have like 27 Stanley Cups.

> **While I'm happy for the Flames, and particularly their parents who spent 20 years driving their kids to cold rinks at 5 a.m., I'm happier for Calgary.**

And while I'm happy for the Flames, and particularly their parents who spent 20 years driving their kids to cold rinks at 5 a.m., I'm happier for Calgary. Because for the most part, the playoffs are great for a city, especially one muddling their way through low oil prices. This past week, every bar was packed with people cheering on the Flames and, more importantly, spending money.

That's important as we work through the challenges of a struggling economy.

But it's not all great. If this playoff run does continue, all eyes will be on the Red Mile, the place whose 2004 epicentre has been replaced by a fancy bakery. Accounts of sexual harassment have already begun surfacing, but I have faith the Calgary police are taking every account seriously and will continue to increase its presence.

(Let's stay cool, Calgary, and not let it get out of hand.)

In a world where the Flames keep winning games, there will be more people like me.

People who actually own a jersey, but wear it sparingly. People who are happy for the Flames, even if they don't watch hockey. And people who are just happy to have a reason to get together with friends and family and root, root for the home team. So if you have room on the bandwagon, we'd like to come aboard.

We want to join you on the wild ride to the Stanley Cup playoff finals. Go Flames go!

Mike Morrison writes Mike's Bloggity Blog and tweets from @mikesbloggity.

Kyle MacQuarrie powers down a poutine at the Diner Deluxe in Aspen Landing. ANNA BROOKS / METRO

CHARITABLE CHALLENGE

Impostor plagues poutine quest

A poutine-scarfing impostor has the original poutine challenge man flabbergasted.

Kyle MacQuarrie, the man attempting to stomach 49 poutines in seven days during Calgary's Poutine Week, said he's baffled that someone would go to such extremes in search of a poutine on the house.

"I can't figure out why anyone would want to pretend to be me," MacQuarrie said with a laugh. "I guess some people will do anything for free food."

MacQuarrie said the impostor supposedly showed up at a restaurant and, posing as MacQuarrie, ordered a large poutine (as he's taking on the poutine challenge for the charity Mealshare, MacQuarrie's poutine expenses are covered.)

MacQuarrie said he is now taking measures to warn restaurants that there might be a masked poutine man running around.

"I don't get it, it's not like he's winning a free car," he said. "You throw down $20 and that's more than enough to get yourself a poutine."

With three days left in the challenge, MacQuarrie has eaten only around 22 poutines, meaning he has to scarf down 27 more in just three days.

"I'm running way behind at this point," MacQuarrie said. "Will I get to 49 or not? I don't know." ANNA BROOKS / METRO

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The hotel at 4804 Edmonton Trail NE that the Calgary Drop In and Rehab Centre wants to convert into affordable and assisted-living housing. ROBSON FLETCHER/METRO

Drop-In's hotel plan gets revised

HOMELESSNESS

Calls for mix of assisted living, general housing units

Robson Fletcher
Metro | Calgary

Calgary Drop-In Centre executive director Debbie Newman hopes major changes to her organization's proposal, to turn a bankrupt hotel into affordable housing, will help undo strong community opposition and convince the province to maintain $5 million in funding for the controversial project.

On Thursday evening, the Drop-In, which runs Calgary's largest homeless shelter, revealed a completely revamped plan for the hotel it purchased at 4804 Edmonton Trail NE.

Instead of 120 units of "transitional housing" with a common eating area, the plan now calls for 37 "assisted living" units for people transitioning out of homelessness and 42 "dwelling units" open to the general public.

All the units would have kitchens, as well, marking a major change from the previous plan that would have seen residents primarily rely on a common dining area for meals.

The new plan still includes a common dining area.

Newman said she plans to meet with provincial officials in the first week of May and hopes they will be open to letting the Drop In keep a $5-million grant the Alberta government initially provided but then said it planned to rescind after the original plans were revealed last June.

A spokesperson for Alberta Municipal Affairs said at the time the previously proposed 120-unit project "does not align with that funding agreement" which calls for "one- and two-bedroom independent living units."

Coun. Sean Chu said he was mostly pleased by the revised plans, as they take into account the concerns of many area residents.

That said, Chu noted many of his constituents have told him "they still have doubts" about the project.

> **We all should have options in life and the homeless are no different. We want something better for them.**
> Debbie Newman of the Calgary Drop-In Centre

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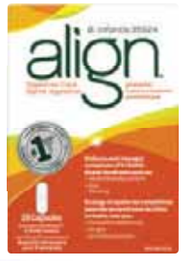

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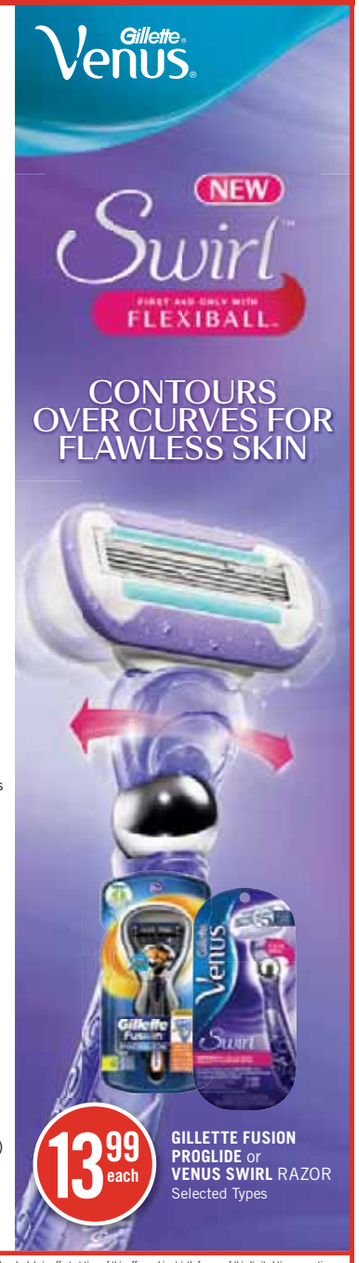

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The Calgary Zoo is excited to have its butterfly exhibit back on track for the spring season. JENNIFER FRIESEN/METRO

Butterflies flapping back to Calgary Zoo

EXHIBIT

Expect to be dazzled by over 50 species

Jennifer Friesen
For Metro

"Spring is definitely here," said Boyd Nave, as he carried two blue morpho butterflies through the heavy heat of the Calgary Zoo's Enmax Conservatory. The Garden Gallery started filling up with butterflies two weeks ago, marking the new spring season at the zoo.

The garden itself is hot and humid, mimicking the insects' natural habitat, and filled with passion flower vines, where the butterflies lay their eggs.

Nave said he expects over 50 different species to come through the gardens this year – adding up to 10,000 butterflies over the next six months.

"It's not the sort of display you run in and out of," he said. "It's nice to take some time and just sort of relax here, so it's a matter of having the patience to sit down in very light clothing and pretend you're going to Costa Rica."

> **Those are kind of like the super models**
> Calgary Zoo employee Boyd Nave referring to the Papilio and nymph butterflies

Nave said the number of butterflies and different species change constantly. The season begins with "tougher" Central American butterflies who can take the colder weather, then in comes species from Southeast Asia in the height of summer.

"Those are kind of like the super models," he said, describing the iridescent blues of the Papilio butterflies and the black and while nymph butterflies that "look like handkerchiefs floating through the air."

New butterflies join the display daily, and Nave said they'll keep coming in until the second week of September.

The second shipment of the season is on display in the garden's back window and are expected to emerge this weekend.

POLICE WANT PUBLIC'S HELP

Suspect sought in Deerfoot hit and run

Calgary police are asking for the public's help in tracking a vehicle involved in a hit-and-run Monday.

A red Harley Davidson was travelling northbound on Deerfoot Trail near the 130 Avenue SE exit when its operator became involved in a dispute with the driver of another vehicle, a two-door Honda Civic.

At one point, the Civic swerved and struck the motorcycle, knocking the rider off.

Both vehicles were travelling at over 100 km/h at the time, police said.

The Civic is described a red vehicle with model year sometime between 2009 and 2013.

Police are asking for help from anyone driving on Deerfoot between Seton and Douglasdale between 5:20 p.m. and 5:40 p.m. and witnessed the event to contact the non-emergency line at 403-266-1234.

Drivers with onboard cameras are also asked to check their video footage.

METRO

POLITICS

AP leader keen to cut legislature members

The Alberta Party believes less is more. Leader Greg Clark says if the Alberta Party wins the May 5 election it would reduce the number of members of the legislature from 87 to 61.

Clark says the cut would save $32 million over a four-year term and improve the quality of the government.

He says the Alberta legislature is the most ineffective in Canada.

Clark says only Prince Edward Island and Nunavut sat for fewer days last year.

The Alberta Party did not have a seat in the legislature when the election was called.

"Alberta has significantly more MLAs per capita than many other provinces. So we have a lot more people doing a lot less work," Clark said Thursday in a release.

Clark is running in Calgary Elbow, a riding where he came in second behind Progressive Conservative Gordon Dirks in the Oct. 27 byelection.

THE CANADIAN PRESS

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Jason Nixon, the Wildrose candidate for Rimbey-Rocky Mountain House-Sundre. TWITTER

Candidate's student union pay hike was 'hypocritical'

POLITICS

Wildrose Party hopeful Alberta's best paid for role

Jeremy Nolais
Metro | Calgary

A Wildrose candidate is coming under fire after his student-council executive hastily approved a raise package that appears to make him the highest paid student president in Alberta.

Jason Nixon, a candidate in Rimbey-Rocky Mountain House-Sundre, has served as president of the Athabasca University Students' Union (AUSU) for nearly two years. Minutes from the group's April 21 meeting indicate voting members unanimously approved pulling $16,913 from a surplus budget account and adding it to their executive wages.

The move will bring Nixon's annual honorarium to $49,851.23, according to the meeting's agenda.

Reached Thursday, however, the candidate insisted he played no part in the sub-committee that reviewed the compensation and abstained from an email vote ratification, a measure typically reserved for urgent business.

"I never asked for a raise and I don't care if I have one or not," said Nixon. He added that he's been on leave for weeks.

Asked if he would accept the pay bump if his bid for MLA was unsuccessful, Nixon responded, "I haven't even really thought about it to be quite honest, as this was all happening at the same time as the election was starting."

He did say the decision to pull the funds from the surplus account was one-time only and done expeditiously to avoid potential conflicts with annual students' union elections in early April.

"Basically, when this was going through council, they don't even know who the executives were going to be," he said.

The pay hike didn't pass the smell test for opposing parties also vying for the Rimbey-Rocky Mountain House-Sundre seat.

"He (Nixon) never said no. He's perfectly happy to continue going along with this until someone looked into it," said Mike Storeshaw, spokesman for the Progressive Conservatives,

Tammy Cote will be running against Nixon as the PC candidate. Also running in the riding is independent Joe Anglin. The outspoken incumbent couldn't be reached Thursday, but did appear to target Nixon with a tweet Monday.

"WRP blast PCs for entitlements, yet WRP candidate votes himself a 33 (per cent) pay hike with student funds!" he wrote.

The student-run newspaper at Athabasca, known as The Voice Magazine, was first to raise questions about the pay bump, but an original article on the matter called, "It's All About the Benjamins" was pulled off the web after concerns were raised.

Karl Low, the publication's managing editor and former students' union president, told Metro Wednesday he stands behind the piece but had been informed by a current member of the students' union that a "legal threat" had been made.

> **For a party that says it's going to set an example, they should probably look at the one they already set — it's ... hypocritical.**
> PC spokesman Mike Storeshaw

A Metro analysis of student executive wages found that Nixon will earn more than his counterparts at SAIT (where executives are paid $39,498), the University of Calgary ($38,481), Mount Royal University ($36,750), and University of Alberta ($35,947). The Athabasca pay also exceeds that for executives at large schools outside of the province.

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Chess player Frank Litorco said his experiences playing chess at the Central Library have been "fantastic" as it has drawn players from all walks of life. MORGAN MODJESKI/METRO

Library chess builds community

GAMES

Popularity has exceeded expectations, manager says

Morgan Modjeski
Metro | Calgary

Checkmate! The Calgary Public Library says a giant chessboard available at its downtown central branch has seen a warm reception since it was introduced in October 2014 — and it's doing more than building a love for the game.

Gerry Burger-Martindale, senior manager of the central library branch, said staff members have been delighted with the uptake and note while the majority of players are men, the game of chess is helping to create a stronger community, overall.

"You see all sorts of demographics playing each other," Burger-Martindale said, noting when people are playing on the big board, it does attract spectators.

The popularity has been "way beyond our expectations," she added.

In the past, Burger-Martindale said patrons would line up at the front door in the mornings and rush in to be the first to get on the library computers, but since the giant chessboard was introduced, that's changed.

"In the winter, people were running in to get at the chess set to be the ones to use it, first thing," she said.

On Thursday, while the large chessboard was idle, some were engaged in games on the library's smaller chess sets, and player Frank Litorco said his experience has been "absolutely fantastic."

"I think it's a great way to gather the community," Litorco said, after making a move.

"It's a community of people who are passionate about chess from all walks of life, regardless of income, whether you're an immigrant or if you've lived here for a very long time," he added.

Although he's only been playing chess for roughly a year, the community at the central library has allowed him to gain more experience competing with long-time players.

"For people that haven't had an opportunity to play against other people, it's a great thing."

> **It's a community of people who are passionate about chess from all walks of life.**
> Frank Litorco, chess player

CRIME

Brentwood vandalism 'immature': Police

The Calgary Police Service is currently investigating after nearly three dozen instances of vandalism were discovered throughout several back lanes in the city's northwest on Thursday morning.

Const. Steve Guerin said police have recorded at least 34 instances of vandalism where crude words, letters, or images were spray-painted on fences, garages, and vehicles.

It appears the vandalism happened between 9 p.m. Wednesday and 6 a.m. Thursday, according to the preliminary investigation. Given the sheer number of tags, Guerin said several people could have been spray painting but also noted that it may be a single vandal.

He said the suspect or suspects may be "bragging or boasting" about the vandalism spree, adding officers are likely looking for a younger offender or group of offenders.

"They do appear to be very mindless — almost immature," he said of the graffiti.

"It would reflect probably more teens or sort of juvenile behaviour. However, that's not to rule out any adults."

Now, police are asking the offender — or offenders — to "think twice" about the impact of the crime on the victims and the community and to do the right thing and come forward.

MORGAN MODJESKI/METRO

CONTACT

Anyone with information about the vandalism or who witnessed suspicious activity in the Brentwood area from Wednesday night to Thursday morning is asked to contact the Calgary police at 403-266-1234, or Crime Stoppers to report information anonymously.

Commercial break-ins nearly double in a year: Police stats

CRIME

Industrial theft contributing to huge spike

Morgan Modjeski
Metro | Calgary

Break-ins are going beyond the backyard in a big way, according to recent stats from the Calgary Police Service (CPS).

The service's monthly report for February 2015 indicates commercial break-ins are up almost 100 per cent when compared to a six-year low recorded in February 2014 — an increase of 43 per cent over the five-year average.

From January to March, Calgary police recorded a total of 816 commercial break-ins, up from 521 during the same period in 2014, with the Beltline, Foothills, and Bridgeland-Riverside communities seeing the most in 2015.

Const. Kirk Harrison, a break-in investigator with the CPS, said increased theft of items such as copper wire and batteries that can be recycled for cash — but not easily traced — have contributed to the jump, alongside increased reporting.

"They might go and steal a battery and get 10, 20 bucks for it, but the thing with the batteries is that they're not going to be identifiable," Harrison said.

"If we catch someone with batteries, most of the time, it's very difficult to link a battery back to a victim."

At times, recycling depots where the materials can be exchanged are in close proximity to the site of a suspected crime, making for a "one-stop-shop" for some thieves.

He said it's a similar situation with copper wire, as thieves remove identifiable casings — and, with quantities usually stolen from a larger spool of wire, it's difficult for business owners to determine what's missing.

Harrison said police are working to curb the trend with increased enforcement in problem neighbourhoods at problem times, security education and ongoing investigations, adding there have been numerous cases where officers have caught suspects in the act.

David Low, executive director of the Victoria Park Business Revitalization Zone (BRZ), which represents approximately 350 businesses, said these types of crimes aren't confined to the city's industrial areas.

"Fifteen years ago, we would have never dreamed that people would steal copper wire and now that is a commodity," Low said, touching on one instance where thieves "risked their lives" to steal a live electrical panel.

"People need to understand that criminals are just like us — they learn and evolve," he said, noting offenders may be sharing information on low-risk, high-reward offences.

For businesses in the Victoria Park BRZ, Low said one of the "biggest barriers" is the fact some are hesitant to report smaller crimes to police, but both Low and Harrison said reporting is crucial as it helps police focus enforcement and resources.

Executive director of the Victoria Park BRZ David Low says they're seeing a number of commercial break-ins outside the "typical smash-and-grab" and it appears to be part of a wider trend being seen across Calgary. MORGAN MODJESKI/METRO

BACKGROUND

Commercial break-ins from January to March:

- 2015: 816
- 2014: 521
- 2013: 480
- 2013: 507
- 2011: 532
- 2010: 675

20

The number of commercial break-ins that have occurred in Calgary's Beltline community from January to March of this year.

816

The number of commercial break-ins that have occurred citywide in Calgary from January to March of 2015.

43%

The increase in commercial break-ins when comparing the first three months of 2015 to the previous five year average.

56%

The increase seen between the first three months of 2014 and the first three months of this year.

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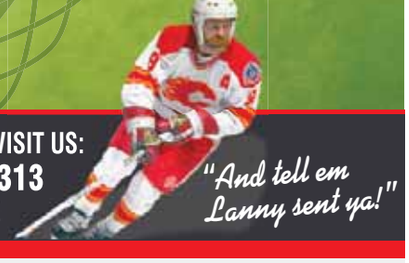

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This Jane's Walk, a History and Parkour Mash-Up, was guided in 2013 by Cynthia Klaassen and Steve Nagy.
TARYL GRIMSHIRE / CONTRIBUTED

Talk the walk

JANE'S WALKS

Tour guides converse, not pontificate

Robson Fletcher
Metro | Calgary

Jane's Walks in Calgary have grown from a small affair that began in 2008 with a half-dozen volunteers leading conversational foot tours into an annual event that this year will include more than 50 free walks throughout the city — and even a bit beyond.

"We've really grown," said Julie Black of the Calgary Foundation, which puts on the local iteration of the community-building phenomenon that began in Toronto in 2007 and has since spread to more 130 cities worldwide.

"Calgary has responded so positively, both in terms of people volunteering to put on a walk ... and in terms of people coming to walk," Black said.

The idea is relatively simple: People knowledgeable about a particular aspect of a city's history, geography, or culture volunteer to act as guides for free walking tours where participants can learn about those aspects, first-hand, while also asking questions and having conversations in a free-form manner.

"It's not just about an expert pontificating," Black said. "It's more discovery-oriented than that."

The first walk this year will also be the first of its kind for Calgary — a stroll through Glenbow Ranch Provincial Park

"We're taking a walk along Yodel Loop," said Susan de Caen of the Glenbow Ranch Park Foundation."It's a great way to introduce people to the park, because from there, you get a really great view of the Bow Valley."

Other topics include a look at the lives of coyotes in the city, a survey of film and TV shooting locations over the past century, and a thorough exploration of the +15 walkway network, just to name a few.

The full list can be found at janeswalk.org/Canada/Calgary.

The Jane's Walk events are set for May 1-3.

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WOOD AUTOMOTIVE GROUP

New art collective breaks stereotypes

CULTURE

'Cultural Clash' art show showcases the city's diversity

Anna Brooks
Metro | Calgary

Stereotyped as a stubborn oil and gas town, designers are hoping to broaden perspectives of Calgary through cultural art.

David Babaganov, an entrepreneurial student at Mount Royal University, said hosting a multicultural art show was sparked through collaboration with artists Paul Seuchea and Rachel Refael, who like himself, are immigrants.

"We wanted to do something with cultural diversity in Calgary," Babaganov said. "And we want to make it a very multicultural thing because with the oil and gas situation, people are looking towards an outlet right now — maybe art is one of those outlets."

The show, Calgary Cultural Clash, will highlight the largest cultural demographics in Canada through portrait work.

Hosted through Odyssia Arts and Design, a new art collective in Calgary, Babaganov said he hopes to encourage current or future artists to put their fears of the art world aside and dive right in.

"Our mainstream society tends to push people towards oil and gas industries," he explained. "But people don't need to follow the norm in Calgary. There is so much wasted talent because people can't find the right outlet or don't know how to take that first step into the art world."

Rachel Refael kicks back at ARCHEloft. ANNA BROOKS/METRO

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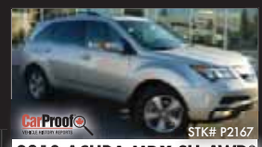
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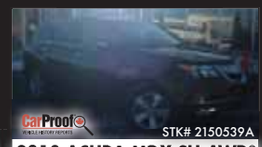
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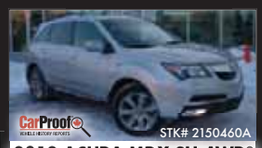
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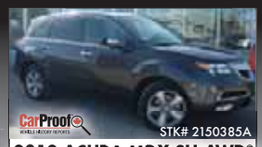
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Mass strip search of U.S. students

BORDER

Incident may have violated charter rights

A busload of American college and university students was strip-searched by Canadian border guards three years ago in an incident that violated government policy and may have contravened the Charter of Rights of Freedoms, documents show.

According to an internal Canadian Border Services Agency report that was obtained by Metroland Media and the Toronto Star, the mass strip search was carried out at the Thousand Islands Bridge border crossing in Lansdowne, Ont., on Dec. 31, 2011.

The bus, carrying 48 American students aged 18 to 25, was headed to Montreal to ring in the new year, followed by a couple of days of skiing at Mont Tremblant. The students were mostly males, but there were at least 10 females.

The report said the tour bus arrived at the crossing around 11 a.m. that day. When an initial immigration check revealed "past criminality" among some passengers, the students were asked to step off the bus. A search of the vehicle revealed six grams of marijuana and a small amount of what was believed to be cocaine, the report said.

The following several hours were "a nightmare … it was a horror story," one passenger said in an interview. The man, now 27, requested his name not be used for this story.

The border crossing on Wellesley Island in the Thousand Islands region. In 2011, a busload of 48 American students was stopped and the students strip-searched. TORSTAR NEWS SERVICE

"I had to go into a room, with two guys that were sitting at a table, and take off all my clothes, and then drop my pants and turn around," he said.

It's not clear why CBSA launched the review, or if anyone had complained.

But the documents show the CBSA kept the strip search under wraps for more than three years, waiting to see if details would leak out before commenting.

A media plan was drafted and a statement was readied in case reporters contacted CBSA for comment.

In a statement issued Thursday, CBSA spokesperson Chris Kealey said the agency reviewed its strip-search policies after the incident and sent an operational bulletin to all staff in February 2012.

"For example, each individual case is to be looked at independently of any other traveller and that the presence of specific indicators for that traveller be considered," Kealey said.

The report also made several observations and recommendations and said that "a greater focus on the legislation, policies/guidelines (around strip searches) and the Charter of Rights and Freedoms is required to address deficiencies."

A separate memo, written after the initial report, said: "The decision … to conduct the 48 personal searches was not in keeping with CBSA Policies and Procedures."

Bruce Ryder, a professor at Osgoode Hall law school in Toronto, said charter rights extend to travellers crossing into Canada, and that the students would likely have a good case that those rights were violated.

"Courts have said entering the country you have diminished expectation of privacy, but that doesn't mean your right ceases to exist," Ryder said.

TORSTAR NEWS SERVICE

DETAILS

The report says the request came directly from Chief Mark Pergunas, the top border officer at the crossing. Reached Thursday at the Thousand Islands bridge facility, Pergunas declined to comment. Kealey said Pergunas approved the search without notifying his superiors, but did not say if he had faced any discipline.

FRENCH MINISTER

Terrorism linked to racism: Taubira

The marginalization caused by racism has an alienating effect that makes people more vulnerable to terrorist recruiters, says France's visiting justice minister.

Christiane Taubira knows of what she speaks: as France's most prominent black politician, she has faced repeated public racist slurs in her country. Taubira made it clear that she doesn't see being discriminated against as an explanation or excuse for terrorism.

"I'm not sure I want to understand the causes of terrorism," she said Thursday at the French Embassy in Ottawa. "Terror is terror, just absolute."

But Taubira said there is a link between a young person being pushed to the margins of society and "how easy" that makes it for a terrorist to recruit them, especially using the Internet.

"Because it's so easy for (terrorists) to say, 'You will be very important because you will be very powerful, you will be able to kill, and afterwards you will be happy,'" she said.

"The link is there. It's easy to convince young people that there is a better life in terrorism than in hoping in the society."

Taubira said being on the receiving end of some vicious racist slurs has only made her stronger.

She said this week's appointment of Toronto's first black police chief, Mark Saunders, carries the sort of symbolism that can give some young people a sense of hope. But she was quick to add: "I don't want just one person on TV, one person in the government ... I want equality for all."

Taubira was on a visit to meet her federal counterparts in Ottawa, Justice Minister Peter MacKay and Public Safety Minister Steven Blaney, and will travel to Montreal on Friday.

France and Canada, she said, are forging deep co-operative links in the fight against terrorism following January's deadly terror attacks in Paris and the October killings of two Canadian soldiers in separate incidents in Ottawa and Saint-Jean-sur-Richelieu, Que.

France, like Canada, has proposed anti-terrorism legislation. While Taubira did not comment specifically on Canada's bill, she did emphasize the need to preserve the balance between fighting terrorism and protecting civil liberties and democratic principles. THE CANADIAN PRESS

Christiane Taubira SEAN KILPATRICK/THE CANADIAN PRESS

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Reporter feels isolated within poverty bubble

CHALLENGE DAY 4

Metro reporter realizes hunger isn't all he has to worry about

Gilbert Ngabo
Metro | Toronto

I faced a surprising challenge one morning this week.

As I was on the train coming into work, the sky unexpectedly turned dark and it started pouring rain. It was one of those cold mornings in the middle of April when what everybody wants is as much sunshine and warmth as possible.

My friend, who rides the train with me, started talking about getting his second coffee of the day as soon as we got to the terminal.

It was a couple of days into this week's challenge of Living Below the Line and experiencing some semblance of life in extreme poverty. I was beginning to feel slightly more hungry and physically weaker.

I'd expected this, but what I hadn't expected was to find myself in a kind of seclusion — kept from normal life routines because of money constraints.

I'm not a big coffee drinker, but on that particular morning, a coffee and a chat with a friend in that cold would have been perfect.

Poverty, it turns out, is more than just feeling hungry and tired.

There's a sense of isolation that comes from not being able to socialize with a friend over, say, a cup of coffee.

I've been feeling isolated all week.

The bubble of restrictions created by the challenge makes it impossible to sit down and share a meal with others, either at home or in a restaurant.

I passed on going out with friends to watch a Raptors game, fearing that would mean spending money on drinks.

And I didn't make plans to go to the movies, because that would probably mean buying popcorn or something else totally beyond my $1.75-a-day budget.

Part of what I've learned since taking on this challenge has been to appreciate the little things in life that I take for granted. That morning was one of those learning moments.

In modern society, coffee isn't something most people have to have a plan to buy. If you feel like having a cup, you can just grab some change and go get it.

You hardly ever mind the price.

I successfully resisted the urge to act that morning as my friend bought a coffee when we arrived at the food court.

On the rest of the trip to my office, I reflected on what poverty really means to the people who live in it. I imagined a poor person missing out on that coffee and chat due to lack of money.

The struggle of living on a meagre budget is about more than food, basic shelter, clothing and education. There's an emotional toll that leads to anxiety and, quite honestly, depression.

Just another reminder that I'm lucky to be able to share a coffee with a friend, any time I want.

LIVING BELOW THE LINE

The reporter: Gilbert Ngabo works for Metro in Toronto. He moved to Canada from Rwanda five years ago.

The mission: To live on just $1.75 a day for five days — a challenge made to all Canadians by the Global Poverty Project, which says that's the daily budget of those who live below the poverty line.

The series: Day 4 of 5, the social isolation that comes with poverty.

Follow Gilbert Ngabo at metronews.ca. The final installment will appear in Metro on Monday.

Witness Nicole Proulx at the Mike Duffy trial in Ottawa on Wednesday. THE CANADIAN PRESS

DUFFY TRIAL

Makeup a personal expense: Witness

A senior Senate official says she rejected Mike Duffy's $300 claim for a makeup artist's services six years ago because it was a personal — not a parliamentary — expense.

Nicole Proulx, head of the Senate's finance directorate at the time, testified at the suspended senator's fraud trial on Thursday that the "uniqueness" of the March 2009 expense claim prompted an employee to bring it to her attention.

The makeup services were provided for a photographic shoot of Duffy's official Senate portrait. THE CANADIAN PRESS

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KIA The Power to Surprise

Latasha Gosling and three of her children, Janayah, Jenika and Landen. HO-THE CANADIAN PRESS

Killer took victim pics, relative says

SASKATCHEWAN

Woman and three children killed; suspect shoots himself

He killed them. And then he took their photos and sent them to their father.

A relative of a woman and three children murdered this week in Saskatchewan said their killer took pictures of the bodies and sent copies to the children's biological father before taking his own life.

Tim Funk, a cousin of Latasha Gosling, said Steve O'Shaughnessy was the woman's boyfriend and that he was emotionally abusive, controlling and jealous.

Gosling, 27, was separated from her husband, but not officially divorced, and had been with O'Shaughnessy for the last couple of years, Funk said.

The husband often went to visit his three kids: Jenika 8, Landen, 7, and Janayah, 4. They had been living most recently with Gosling and O'Shaughnessy in a rented mobile home in Tisdale, a town of 3,200 northeast of Saskatoon.

The boyfriend "didn't like it at all" when the husband came around, Funk said.

On Tuesday, the husband received the gruesome photos in a text sent to his cellphone, said Funk. It was the day before the husband's birthday.

O'Shaughnessy "sent them to him as a birthday gift."

Funk said the husband called Mounties, who found the bodies early Wednesday in the mobile home.

RCMP have confirmed that officers received a call from a family member around suppertime Tuesday, saying the woman and children hadn't been heard from all day and couldn't be reached.

Officers obtained a search warrant for the trailer and found the four, but have not said how they were killed.

The manager of the mobile home park said he was called by police that night to bring over a spare key.

He saw the children's distraught father there.

Officers tracked a suspect to a home 130 kilometres away in Prince Albert.

Police said the man had taken a six-month-old baby with him from the trailer. He then killed himself, but the infant was unharmed.

Funk said the baby is Gosling's youngest child and O'Shaughnessy was the father.

Funk has set up a page on the fundraising website gofundme.com to collect money for funerals and build a trust fund for the infant. It had topped $41,000 by Thursday afternoon.

THE CANADIAN PRESS

JUSTICE

Top court agrees extradition of two men

The Supreme Court of Canada has cleared the way for two Canadian men to be extradited to New Hampshire to face trial in what the Crown called the "brutal, hate-inspired murder of a lesbian couple.''

The justices ruled directly from the bench after a hearing on Thursday.

Anthony Barnaby and David Caplin are wanted by American authorities in a cold case investigation into the 1988 killings of Charlene Ranstrom and Brenda Warner. The two men were living in Nashua, N.H., at the time.

Barnaby was tried three times in the killings, but each trial ended in a hung jury and charges were dismissed after the third mistrial in 1990. Caplin was charged, but never tried after key evidence was excluded.

The case languished for two decades, but was re-opened in 2010, when police re-interviewed witnesses and new DNA testing techniques were used. The Canadian government ordered the extraditions in 2011, but they have been under appeal since then.

The Quebec Court of Appeal approved Caplin's extradition, but blocked Barnaby's, saying a fourth trial constituted an abuse and that the new evidence referred to by the American police was not really new.

Caplin appealed his extradition to the Supreme Court, while the Crown appealed the ruling that quashed Barnaby's extradition. The two cases were heard together.

Mark Sisti, the American lawyer who defended Barnaby 25 years ago and worked on his extradition case, said he's stunned that the case is being resuscitated.

"It's absolutely outrageous,'' he said. THE CANADIAN PRESS

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ESPIONAGE

Spy flees Argentina in wake of threats

Argentina's most famous spy master has fled the country due to threats on his life and is not complying with a summons ordering him to testify Thursday in connection with the investigation into a 1994 terror bombing, his lawyer said.

Antonio Stiuso fears for his safety, his lawyer, Santiago Blanco Bermudez, told The Associated Press during an interview Wednesday evening. He said Stiuso contends the government is trying to sully his reputation following the mysterious death of a prosecutor who accused Argentine leaders of protecting the masterminds of the bombing,

"We believe (Stiuso) will continue to be a government target," said Blanco Bermudez, who declined to specify the threats or disclose his client's location.

Stiuso was called to testify Thursday about allegations he hid information related to the bombing, which killed 85 people at Argentina's main Jewish centre. Stiuso also has been accused of running a contraband operation and tax evasion.

Blanco Bermudez said all the accusations were baseless.

Stiuso, who oversaw a vast wire-tapping operation before being removed from his post in December, had assisted prosecutor Alberto Nisman in his investigation of the unsolved bombing, which stands as the country's worst terrorist attack.

Nisman was found shot dead in his bathroom on Jan. 18, days after accusing President Cristina Fernandez of reaching a secret deal with Iran to cover up its alleged responsibility for the bombing. Fernandez strongly denies the accusations, which have been thrown out by a federal judge and rejected on appeal, and Iran long has said it had no role in the attack.

Fernandez, in recent months, has suggested Nisman was killed by rogue intelligence agents, but has not provided any details to support that. She also said that Stiuso fed false information to Nisman and even had a hand in writing the late prosecutor's report. THE ASSOCIATED PRESS

IN BRIEF

Congratulations, applicant ... or, maybe not

Hundreds of students who received acceptance letters from Drexel University in Philadelphia are now being told they were sent by mistake. WTXF-TV reports Drexel University mailed the letters to nearly 500 people who had already been denied admission or had incomplete applications. Tearra Bookard tells the station she received her acceptance letter three weeks after she was denied admission. The 17-year-old says she told friends about the good news only to receive an email later notifying her of the mistake. THE ASSOCIATED PRESS

CHILE CALBUCO VOLCANO ERUPTS NEAR PUERTO VARAS The Calbuco volcano erupted Wednesday for the first time in more than 42 years, billowing a huge ash cloud over a sparsely populated, mountainous area in south Chile. THE ASSOCIATED PRESS

Mystery illness forces jet's sudden landing

AIR SAFETY

Passengers sick, breathless, so crew takes quick action

An airline passenger said he had trouble breathing, and others felt ill, but the airline said Thursday that an inspection found no mechanical faults after the jet made an emergency landing in New York.

And while federal safety officials had no explanation for what happened on the aircraft on Wednesday, aviation experts said the flight crew did the right thing by quickly descending to 10,000 feet, an altitude with life-giving oxygen levels.

SkyWest Flight 5622, operating as United Express and carrying 75 passengers, left O'Hare airport in Chicago on Wednesday morning and was bound for Bradley International Airport near Hartford. The Embraer E170 began a steep, rapid descent from its cruising altitude of 37,000 feet after the crew declared an emergency and landed in Buffalo late Wednesday morning.

A U.S. official said the crew acted because of word of illness in the cabin but didn't report to controllers any problems with the aircraft.

Passenger Larry Johnson said it became difficult to breathe partway through the flight. THE ASSOCIATED PRESS

Gallipoli is remembered

FIRST WORLD WAR

100 years ago, Allied offensive resulted in 130,000 deaths

Whenever he leaves the house, Kenan Ersoz hides the bayonet his father used to defend the crumbling Ottoman Empire against the British-led invasion of Gallipoli a century ago. The father saw it as a friend that kept him alive. The son keeps it as his most prized possession. The campaign is no less present for descendants of soldiers from Australia and New Zealand who played a leading role for the other side.

John Carnell travelled from Sydney with his wife, Carol, and two children, Kate and Tom, to visit spots where his great-grandfather landed on the peninsula — and where he was mortally wounded months later. In the lottery to obtain tickets for the 100th anniversary commemoration this week, Carnell wanted his children to come more than he wanted to come himself.

A Gallipoli memorial at Eceabat in Gallipoli peninsula, Turkey. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

"People only really die when the living stop talking about them," he said. "I can bang on about my ancestor for another 20 years or so. My children can do it for 50 and they can tell their grandchildren."

As world leaders gather Thursday and Friday with the descendants, the memories of one of the most harrowing campaigns of the 20th century have come surging back to life. The doomed Allied offensive to secure a naval route from the Mediterranean to Istanbul through the Dardanelles, and take the Ottomans out of the war, resulted in over 130,000 deaths on both sides. It came to be seen as a folly of British war planning.

> **We could see the ugly side of war on my father's body.**
> Kenan Ersoz

The campaign's enduring poignancy may be that it forged national identities for countries on both sides.

Mustafa Kemal Ataturk used his prominence as a commander at Gallipoli, known as Canakkale to the Turks, to vault into prominence, lead Turkey's War of Independence — and ultimately found the Turkish Republic.

Similarly, the tragic fate of troops from Australia and New Zealand, who played a key role in the campaign, is said to have inspired an identity distinct from Britain. The anniversary of the start of the land campaign on April 25, known as ANZAC Day, after the Australia and New Zealand Army Corps, is marked as a coming of age for both nations.

On April 25, 1915, troops were rowed in at dawn to narrow beaches with scant cover only to encounter rugged hills and scorching fire by concealed Turks. THE ASSOCIATED PRESS

IN BRIEF

Japan has 'wrong attitude to history': China

Three Japanese cabinet ministers on Thursday visited a Tokyo shrine that honours the country's war dead, including convicted war criminals, drawing a rebuke from China one day after Prime Minister Shinzo Abe met President Xi Jinping.

"I offered my sincere appreciation for the people who fought and sacrificed their lives for the sake of their country," said Eriko Yamatani, disaster management minister. Chinese Foreign Ministry spokesman Hong Lei called the visits a "wrong attitude to history." China and South Korea, both victims of Japan's aggression, have asked Tokyo to atone. THE ASSOCIATED PRESS

SS guard knew Jews would die: Testimony

A former Auschwitz guard Oskar Groening, now 93, being tried in Berlin on accessory to murder, testified that it was clear to him Jews were not expected to leave the camp in Poland alive. It was the trial's third day. THE ASSOCIATED PRESS

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Obama takes responsibility for drone-strike casualties

MILITARY

American and Italian hostages killed in CIA mission

President Barack Obama revealed Thursday that U.S. drone strikes in Pakistan inadvertently killed an American and an Italian, two hostages held by al-Qaida, as well as two other Americans who had leadership roles with the terror network.

Obama somberly said he took full responsibility for the January CIA strikes and regretted the deaths of hostages Warren Weinstein and Giovanni Lo Porto, an Italian aid worker.

The president cast the incident as a tragic consequence of the special difficulties of the fight against terrorists.

The incident is likely to spark fresh scrutiny of Obama's frequent use of drones to target terrorists and his pledge to strike only when there is "near-certainty" that no civilians will be harmed.

President Barack Obama pauses while speaking in the Brady Press Briefing Room of the White House in Washington on Thursday. The president took full responsibility for deaths of American and Italian hostages, and expressed apologies. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

Weinstein, who was captured as he neared the end of a contract assignment with the U.S. Agency for International Development, and Lo Porto were killed during a drone strike against an al-Qaida compound in Pakistan, near the Afghan border.

The president said he had ordered a review of the incidents to help identify any changes that might be made to prevent similar deaths in the future.

> **It is a cruel and bitter truth that ... mistakes — sometimes deadly mistakes — can occur.**
> U.S. President Barack Obama

The CIA drone program has killed al-Qaida leaders, Pakistani Taliban fighters and other militants hiding in tribal regions, sparking anger across Pakistan over allegations of widespread civilian casualties.

Since 2004, the U.S. has carried out some 400 suspected drone strikes in Pakistan, according to the New America Foundation's International Security Program, which tracks the American campaign. THE ASSOCIATED PRESS

MEDITERRANEAN

EU states commit to aiding migrants

European Union leaders committed extra ships, planes and helicopters to save lives in the Mediterranean at an emergency summit convened Thursday to address a crisis that has left more than 1,300 migrants dead over the past three weeks, and agreed to lay the groundwork for military action against traffickers.

Germany and France pledged two ships each, while Britain committed three to patrol the Mediterranean, and other member states also lined up more vessels and helicopters that could be used to rescue migrants, officials said.

EU member states also agreed to triple funding to nine million euros ($9.7 million US) a month for the EU operation that patrols the Mediterranean.

They assigned EU foreign policy chief Federica Mogherini to line up the diplomatic options that would allow EU militaries to strike against the boats used by traffickers.

THE ASSOCIATED PRESS

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SOUTH AFRICA

Thousands march to protest against racism, xenophobia

Several thousand people marched through South Africa's largest city on Thursday in a demonstration against recent attacks on immigrants that killed seven people.

Demonstrators walked through the centre of Johannesburg, passing high-rise neighbourhoods that are home to many immigrants.

The crowd sang, whistled and beat drums. Children in school uniform mingled with activists. The violence against immigrants in South Africa this month occurred in Johannesburg and another major city, Durban. The attacks stemmed from a perception among some South Africans that immigrants are taking jobs and opportunities at their expense.

"At least people will see not everyone is xenophobic," said Adria Kayitare, a Rwandan immigrant in South Africa, said she joined the march because she believed it would send a strong message to South Africans. THE ASSOCIATED PRESS

A protester in Johannesburg Thursday. THE ASSOCIATED PRESS

FERGUSON, MO.

Brown's parents file wrongful-death suit

Michael Brown's parents filed a wrongful-death lawsuit against the city of Ferguson on Thursday, opening a new chapter in the legal battle over the 18-year-old's fatal shooting by a white officer that sparked a protest movement about the way police in the U.S. treat blacks.

Brown was unarmed and walking in the street with a friend on Aug. 9 when officer Darren Wilson told them to move to the sidewalk. That led to a heated confrontation between Wilson and Brown inside Wilson's squad car. Wilson shot Brown after the scuffle spilled into the street. Some witnesses said Brown was surrendering, but Wilson said Brown was moving toward him aggressively. THE ASSOCIATED PRESS

IN BRIEF

Ex-CIA director gets two years of probation, fine

Former CIA director David Petraeus, whose career was destroyed by an affair with his biographer, was sentenced Thursday to two years' probation and fined $100,000. The sentencing came two months after he pleaded guilty to a federal misdemeanour count of unauthorized removal and retention of classified material. THE ASSOCIATED PRESS

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VANCOUVER

B.C. firm to help space station's live stream

A Vancouver-based company has announced that it's teaming up with NASA to help send out live, high definition video of the Earth taken from the International Space Station.

Scott Larson, the CEO of UrtheCast Corp., says within a few months his firm's website will be distributing the real-time video taken by four cameras located on a European Space Agency module on the space station. The cameras have been operating for almost a year.

Larson says UrtheCast will be tapping into a view of the world which he describes as breathtaking and inspiring.

UrtheCast has already built and installed its own two cameras — a still camera and a high-definition video camera — on the Russian section of the space station.

The still camera is already in operation and the full-colour video camera is expected to begin streaming this summer, once tests are completed.

The company's two cameras can monitor the environment, humanitarian relief, agricultural land, and even social events on the ground.

UrtheCast has already announced that it will be sending another video camera and a radar sensor up to the orbiting space laboratory in 2017.

THE CANADIAN PRESS

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Researchers have linked a spike in seismic activity in the U.S. mainly to injecting wastewater underground, activating dormant faults. KAREN BLEIER/AFP/GETTY IMAGES

Report maps earthquakes set off by energy drilling

OIL AND GAS

Stable regions in 8 U.S. states see seismic activity spike

More than a dozen areas in the United States have been shaken in recent years by small earthquakes triggered by oil and gas drilling, a government report released Thursday found.

The man-made quakes jolted once stable regions in eight states, including parts of Alabama, Arkansas, Colorado, Kansas, New Mexico, Ohio, Oklahoma and Texas, according to researchers at the U.S. Geological Survey.

Experts said the spike in seismic activity is mainly caused by the oil and gas industry injecting wastewater deep underground, which can activate dormant faults. A few instances stem from hydraulic fracturing, in which large volumes of water, sand and chemicals are pumped into rock formations to free oil or gas.

Many studies have linked the rise in small quakes to the injection of wastewater into disposal wells, but the Geological Survey's report takes the first comprehensive look at where the man-made quakes are occurring.

> **They're ancient faults ... We don't always know where they are**
> Geological Survey geophysicist William Ellsworth

"The hazard is high in these areas," said Mark Petersen, who leads the agency's national mapping project.

Oklahoma lately has been rocked by more magnitude-3 quakes than California, the most seismically active of the Lower 48 states, Petersen said.

Oklahoma was not on scientists' radar until recently when the state experienced a spate of quakes, the largest registering a magnitude-5.6 in 2011. Earlier this week, the Oklahoma Geological Survey acknowledged that it is very likely most of the recent shaking is from wastewater disposal.

Many faults awakened by drilling have not moved in millions of years, Geological Survey geophysicist William Ellsworth said.

"They're ancient faults," Ellsworth said. "We don't always know where they are."

A message to the American Petroleum Institute was not immediately returned. The industry group has said efforts are made to map fault lines where drilling occurs.

A group of experts met last year in Oklahoma to pinpoint seismic hotspots around the country caused by induced quakes. Scientists initially identified 14 regions affected by quakes linked to drilling. They later added three other high-risk areas — northern Oklahoma-southern Kansas; Greeley, Colorado; and Azle, Texas.

THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
WEEKEND, April 24-26, 2015

Happy face/Sad face

From potential **personhood** for primates to **lewd funerals**, Metro weighs in on the news that made headlines this week

Community composting happens

Free piles of compost and (if you're lucky) manure are starting to appear at designated pick-up points across Canada, thanks to local initiatives by municipalities and neighbourhood groups. Residents use pails or wheelbarrows to collect "black gold" for their gardens. For more information, contact your municipality — or start your own program with help from the Compost Council of Canada at compost.org.

Stripping for the dead no longer allowed

A dearth of cultural activities and the belief that high turnout honours the dead has resulted in traditional opera and even movie screenings at family funerals in rural China. But "lewd" performances — including strippers — is going too far, say authorities. The Ministry of Culture has announced that those responsible for any more vulgar acts will be punished. THE ASSOCIATED PRESS

New Orleans, Miami: sin cities no more?

New Orleans has imposed a ban on smoking in bars, gambling halls, hotels, workplaces, private clubs and stores. And that includes e-cigarettes. Meanwhile, in Miami, city commissioners are considering a proposal to ban alcohol sales at open-air bars and cafés — but only from 2 to 8 a.m. Last call is currently 5 a.m., with drinking in the wee hours blamed for a rise in bad behaviour all round.

Chimpanzees may yet get person status

Two research chimpanzees may be freed next month if the New York State Supreme Court deems they have rights as persons. The lawsuit was initiated by the Nonhuman Rights Project. According to Science magazine, NhRP is set to launch more cases offering scientific evidence that elephants, great apes, whales and dolphins "are autonomous beings and deserve the right to bodily liberty."

Men eat up feminism when it's this funny

THE KOHLER REPORT

Rebecca Kohler

Some people take feminist studies because they're interested, others take it to pick up chicks (I seriously know a guy who did that), and some people might be taking a variation of feminist studies without even knowing it.

American comedian Amy Schumer's sketch show, Inside Amy Schumer, premiered its third season on Tuesday night and in terms of feminist studies, it packed a mean, hilarious, well-manicured punch.

Schumer is already well known as someone who pushes envelopes on lots of topics, but Tuesday's episode was saturated in women's issues and, just as sugar helps the medicine go down, I'm thinking humour might help the feminism go down.

There was a sketch titled Last F–able Day starring Julia Louis-Dreyfus, Tina Fey and Patricia Arquette about how women in Hollywood have a sexual expiration date (whereas men stay desirable forever).

A parody commercial for birth control was juxtaposed with the fact that American women need the approval of several random men to get their hands on contraception.

And another brilliant sketch poked at rape culture, seemingly using the Steubenville, Ohio, rape case of 2012 as a touchstone for satire.

In it, Josh Charles channelled Coach from Friday Night Lights, shocking his high-school football players, and courting censure from the community, by instituting a new rule for the team: "No raping." This might all sound heavy, and it WAS. But it was also some of the funniest television I've seen in years. Aside from being entertained, I was excited by the fact the show is equally popular among Comedy Central's male and female viewers — and thought about all kinds of possibilities this offered in terms of educating and communicating with those whose ears normally shut off at the mention of the word "feminism."

Schumer is a comical Trojan horse with female empowerment hidden inside.

First I imagined a hypothetical scenario in which a stereotypical "dumb jock" comes in contact with a "feminist" — maybe in a dentist's waiting room? As soon as the feminist starts talking to the jock about feminist issues he rolls his eyes, blocks her out and continues "reading" his Maxim magazine. Then I imagined the same jock, in a marijuana haze, stumbling upon Inside Amy Schumer.

I can totally see the jock laughing and guffawing, "Ha ha. It's funny 'cause it's true." And then a few seconds later thinking, "D'oh!" followed by the icky feeling of having learned something.

Comedians have long been known as social commentators who help to improve society.

Amy Schumer is a comical Trojan horse with female empowerment hidden inside.

Rebecca Kohler is a standup comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter @becca_kohler

ROSEMARY WESTWOOD

metroview

A toast to toast (and not the artisanal kind sold at luxury prices)

Toast is among the more inane hipster trends right now: Painfully cool cafés charging $5 for a slice of artisan toast and jam. But toast hit peak cliché with the advent of the charred selfie.

The U.S. company Burnt Impressions charges $85 for a customized toaster that pops out browned bread in your likeness, which seems especially pricey since you'll likely slather peanut butter on top, making your face pointless.

There is no simple pleasure that hipsters won't corrupt.

Toast culture itself is very, very old. Writer Mary Mann has traced it back to the Romans: "'Tostum' is Latin for scorched, and toast was made by putting stale bread on a stone near fire, and later, on a wire frame over fire," she wrote in her essay A Brief History of Toast. It was about household economics, a way to rejuvenate stale bread and extend your food.

Toasting forks were invented to make the process easier, and they became ubiquitous by the 19th century, said food historian William Rubel, author of the book Bread: A Global History. "When you use a toasting fork and toast in front of the fire place, you can fully modulate the extent to which the toast is toasted." It was, he said, the most personalized of foods.

British toast culture likely developed in part because wheat bread is well suited to toasting, he mused. But it was the invention of the electric toaster and sliced bread that cemented toast as the humble, inexpensive breakfast food of modern England, the U.S. and Canada.

Toast culture has other reasons for enduring. The sweet smell of bread crisping. The charred, caramelized taste. At my grandmother's cottage on Lake Muskoka, the dining table was a long picnic bench to squeeze as many people in at a time, and the toaster sat on the sideboard. Whoever sat nearest was on duty, rotating slices in, serving them out when they shot up steaming.

Even scientists haven't been able to resist toast's allure. One researcher in the U.K. found our love of toast is really a love of childhood, and the aroma brings waves of memories — nostalgia for breakfast.

I guess, then, we should have been expecting this — overpriced toast that misses the point that toast is loved for its humbleness, and breakfast as yet another mirror of your own existence. It used be Jesus on a slice of bread.

I'd rather see his face in the morning than my own, and I wish "artisan" wasn't an excuse to charge luxury prices for such a simple pleasure as toast.

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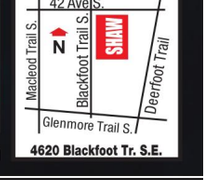

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Our obsession with immortality

ANALYSIS

The Age of Adaline is just one of many films about eternal life

IN FOCUS

Richard Crouse

The new Blake Lively movie, The Age of Adaline, sees its star play a woman who was frozen in time at age 29, never to age another day. No laugh lines, stiffness in the bones or grey hair for her. She drifts through life, an eternal 20-something, as her pals age and eventually die.

How does she compare to friends and family? Well, in the film, the youthful centenarian Lively has a daughter played by Ellen Burstyn, a veteran actress 55 years her co-star's senior.

It's a romantic fantasy that brings up an interesting question. Sure, the idea of defying age sounds intriguing, but why would you want to fall in love when there is no possibility of growing old together? That's the dreamy question at the heart of the film; the notion that allows director Lee Toland Krieger to explore the mushier side of the story. But what about the engine that drives the tale — immortality?

With characters like Wolverine and Twilight's Edward Cullen pulling in big box-office bucks, it's not shocking that movies seem infatuated with eternal life. Nor should it come as a shock that actors are drawn to immortal characters. The obsession with youth is one thing, that's a job requirement — perhaps that's why the U.S., with Los Angeles at the epicentre, is the world capital of plastic surgery — but I think it goes beyond that.

With visions of an ageless Adaline dancing in my head I posed a simple question to Alex Garland, the director and screenwriter of this weekend's artificial intelligence drama Ex Machina: "Why have movies about immortality been so popular with actors and filmmakers?" I got an intriguing answer.

"There is an interest floating around which is as much to do with longevity as it is immortality," he said, "but it contains immortality as a long-term goal.

"Broadly speaking, what I would say, at least where filmmakers are concerned, is that they're subject to the same zeitgeist things that everybody else is, so what they will do is manifest it in their job."

Perhaps that's why in the coming months we'll see eternal characters in everything from The Avengers: Age of Ultron and Terminator Genisys to Pan and Crimson Peak.

The rich and famous have always dreamed of extending natural life. For instance, although it's an urban legend that Walt Disney was frozen cryogenically to be thawed later, it makes a good and almost true-sounding story. While working on Ex Machina, Garland says he discovered tales of wealthy people looking to find immortality through science.

Michiel Huisman and Blake Lively star in The Age of Adaline, which opens this weekend. CONTRIBUTED

> **Powerful people don't want to die**
> Director Alex Garland

"The researchers might be quite realistic about what artificial intelligence can promise, but the funders may be less realistic about it. One of the things that some of the funders are looking for, and I've heard this expressed very explicitly, not in a coded way, but an absolutely straightforward way, is the ability to download yourself and for you to survive long as a result of your enormous wealth.

"Powerful people don't want to die. Everyone else figures they don't have a choice but the really powerful people figure they do have a choice and they are going to explore it just in case."

I think Hollywood may be obsessed with immortality for one other reason. Film stock offers its own kind of eternity, where one never ages and on the screen Blake Lively will be the 29-year-old Adaline forever.

Check out our interview with Blake Lively on page 43.

MOVIE RATINGS by Richard Crouse

The Age of Adaline	★★★
The Water Diviner	★★★
Ex Machina	★★★★

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Russell says he's easy to work with

MOVIES

Crowe gets into the director's chair for The Water Diviner

Ned Ehrbar
Metro | Hollywood

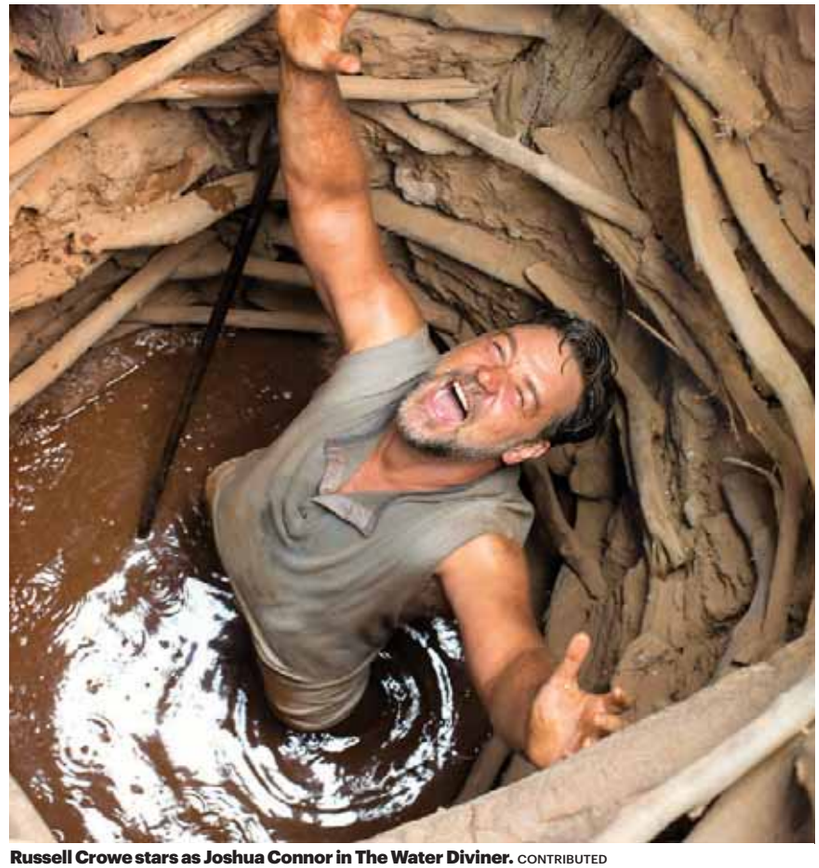
Russell Crowe steps behind the camera for his first feature as a director, The Water Diviner, offering a new, sometimes controversial view on the fallout from the Battle of Gallipoli in the Second World War, with Australian and Turkish families reeling in equal measure from the devastating battle. He also had just the actor in mind for the lead role, some Australian bloke named Russell Crowe. As luck would have it, the two got along just fine.

What was it about this story in particular that made it something you had to direct?
It's a funny thing, I didn't really choose this project. It kind of snuck up and chose me ... There's a historical connection, a cultural connection with Australians and New Zealanders and the battle of Gallipoli, and there's the simple reality of the narrative, the story of a man who had three sons who go to war and don't come back. As a father of two, that's going to hit me at a very essential level. But also, I thought I could see the opportunity to reshape the perspective that we have on Gallipoli. There's a word that we avoid when we discuss the sacrifice of Gallipoli: "invasion." But in reality, this is what we were engaged in.

My first real exposure to this story was the Pogues' version of Waltzing Matilda.
It's funny because that particular version of the song is such a mishmash. They never actually sing the full words. But that song will make an adult cry. When you get to that last verse, "I looked at the place where my legs used to be," it's so incredibly powerful. And oddly enough the man who wrote that song was a South African who went to Australia and New Zealand and had all these experiences around the way people recognized Anzac Day.

It really was the first war that was advertised to people, wasn't it?
Yeah, it's the beginning of mass communication, right? And that's why the British government was compelled to inter the bodies. People wanted to know what happened to their children. They demanded to know.

And now that you've directed yourself, as an actor would you say you're easy to work with?
I gave the director everything he asked for.



Russell Crowe stars as Joshua Connor in The Water Diviner. CONTRIBUTED

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TELEVISION

Lots of crying on final day on set of Nurse Jackie, Falco says

In 2007, Edie Falco said goodbye to her series The Sopranos in one of the most divisive, talked-about finales on television. As she prepares to bid farewell to her addiction dramedy Nurse Jackie, Falco isn't feeling any pressure to deliver another controversial ending.

"This whole thing about finale episodes, I don't know. I tend not to get too caught up in it," Falco said in an interview Tuesday. "In a perfect world it lives up to all that you've come to expect in the show. I feel very much that it does."

"I'm proud of it," she said of the June 28 finale. "It feels honest."

Falco stars as Jackie Peyton, an ER nurse addicted to prescription drugs, on the Showtime series (Sunday, 9 p.m. EDT). The final season finds Jackie attempting to piece her career and family back together after a relapse and DUI arrest.

After seven seasons, Falco, 51, is at peace with the end of Nurse Jackie, but saying goodbye was difficult.

"The final day on set was emotional. It was awful, actually," she said. "You try to be good about it, but there was a lot of crying."

However, the Emmy-winning actress is thrilled to have more time with her children, Anderson, 10, and Macy, 7.

"First and foremost, I'm getting to have a home life," she said. "I want to be there for the stuff as they're reading and singing and doing gymnastics and making new friends. It's all important. It's all very important stuff for me."

Falco is sifting through television and film scripts and contemplating a return to theatre.

"We're walking into the unknown and all it is is unknown. It doesn't mean it's not going to be great," she said. "Transitions are always rough, but they're also what life is made of. So I've learned to get better at them and I know that something good happens when you get out of the way."

THE ASSOCIATED PRESS

Mackenzie Aladjem as Fiona Peyton and Edie Falco as Jackie Peyton in Nurse Jackie. CONTRIBUTED

Now playing

DRAMA/SCI-FI

The Age of Adaline

Director: Lee Toland Krieger
Starring: Blake Lively, Michiel Huisman

After miraculously remaining 29 years old for almost eight decades, Adaline Bowman (Blake Lively) has lived a solitary existence, never allowing herself to get close to anyone who might reveal her secret. But a chance encounter with charismatic philanthropist Ellis Jones (Michiel Huisman) reignites her passion for life and romance.

ROTTEN TOMATOES™ SCORE
Critics: 72% Audience: 97%

DRAMA

The Duke of Burgundy

Director: Peter Strickland
Starring: Chiara D'Anna, Sidse Babett Knudsen

Day after day, Cynthia (Sidse Babett Knudsen) and Evelyn (Chiara D'Anna) act out a simple yet provocative ritual that ends with Evelyn's punishment and pleasure. As Cynthia yearns for a more conventional relationship, Evelyn's obsession with erotica quickly becomes an addiction that may push the relationship to a breaking point.

ROTTEN TOMATOES™ SCORE
Critics: 93% Audience: 72%

DRAMA

Ex Machina

Director: Alex Garland
Starring: Oscar Isaac, Alicia Vikander

A programmer at an Internet-search giant wins a competition to spend a week at the private mountain estate of the company's brilliant and reclusive CEO. Upon his arrival, Caleb learns that Nathan has chosen him to be the human component in a Turing Test — charging him with evaluating the capabilities, and ultimately the consciousness, of Nathan's latest experiment in artificial intelligence.

ROTTEN TOMATOES™ SCORE
Critics: 88% Audience: 88%

COMEDY

Paul Blart: Mall Cop 2

Director: Andy Fickman
Starring: Kevin James, Nick Bakay

After six years of keeping our malls safe, Paul Blart has earned a well-deserved vacation. He heads to Vegas with his teenage daughter before she heads off to college. But safety never takes a holiday.

ROTTEN TOMATOES™ SCORE
Critics: 0% Audience: 87%

DRAMA/WESTERN

The Salvation

Director: Kristian Levring
Starring: Mads Mikkelsen, Eva Green

The mighty Mads Mikkelsen unleashes a maelstrom of bloodshed in the Wild West in this white-knuckle tale of revenge. When he lays waste to the scoundrels who killed his wife and son, a Danish ex-soldier (Mikkelsen) incurs the wrath of a sadistic gang leader hell-bent on hunting him down.

ROTTEN TOMATOES™ SCORE
Critics: 68% Audience: 85%

MYSTERY & HORROR

Unfriended

Director: Levan Gabriadze
Starring: Shelley Hennig, Moses Jacob Storm

Unfriended unfolds over a teenager's computer screen as she and her friends are stalked by an unseen figure who seeks vengeance for a shaming video that led a vicious bully to kill herself a year earlier.

ROTTEN TOMATOES™ SCORE
Critics: 89% Audience: 91%

No purchase necessary. Contest open to residents 18 years of age or older. Odds of winning depend on the number of eligible entries received. One grand prize to be won; value is $576.49, fourteen secondary prizes are each valued at $25. Skill-testing question required. Contest closes April 27, 2015 at 9:00 a.m. Complete contest rules at clubmetro.ca. ©2015 MARVEL

COOKBOOK

Milk Bar Life is for the busy and brave

Christina Tosi is just trying to show how mundane her day-to-day pantry staples really are. Thing is, she can work a sort of magic with mundane that most of us can't even dream of.

Tosi — who came to fame for her exotic sweets like crack pie and compost cookies at New York's Momofuku Milk Bar — tends to live the way she cooks and eats. Life and food are fun, and there is inspiration lurking everywhere, even in the half mouldy cheese in your refrigerators or the Ritz Crackers in the cupboard.

Which is why her new cookbook, Milk Bar Life, is aimed at helping people make an adventure of weeknight dinner, even after a long day of work. Think recipes for "desperation nachos" and "pickle juice-poached fish."

"I'm going to have to get a little ghetto out of this," Tosi — who is chef and co-owner of Milk Bar with David Chang — says of her weeknight refrigerator-raiding brainstorming sessions.

And Milk Bar Life is as much a cookbook as it is Tosi's coming out about her savoury side. The dessert chef whose cereal milk ice cream and cornflake marshmallow cookies have earned her a cult following wants people to know she's more than "just a chick that bakes." And so the book is jammed with the potluck-style, homey recipes she grew up eating. Plus, she's going to teach you something about savouring the little moments along the way.

"It's also really important to celebrate the everyday, the ordinary when all you have is some Tang, some margarine and a slice of bread." (Yes, Tang toast really is part of her world).

This isn't a cookbook that requires trips to three different specialty markets to complete your shopping list. This Midwestern gal, who was the James Beard rising star chef of the year in 2012, loves big box supermarkets and includes recipes that call for SpaghettiOs, boxed cake mix and Velveeta. Did you know you can make a cake with grape jelly, defrosted whipped topping and Ritz Crackers?

But don't let Tosi fool you. She still busts out a fur vest and skull cap and blasts R Kelly for her weekend cooking when she freestyles with miso butterscotch sundaes, kimcheez-its with blue cheese dip and slow cooker cake, which she calls "my ode to what my dinner came out of as a child."

"I have a little bit more time to be clever and technical and creative, so I'm going to go down the rabbit hole a little bit more." THE ASSOCIATED PRESS

Momofuku Milk Bar's Christina Tosi has a new cookbook out, Milk Bar Life, aimed at helping people make an adventure of weeknight dinner, even after a long day of work.
GABRIELE STABILE/CLARKSON POTTER/THE ASSOCIATED PRESS

Blogger's mistakes feed controversy

FOOD BABE

Critics cite early factual errors, lack of credentials

The former management consultant turned healthy-living activist has a best-selling book and an army of supporters. She deploys them regularly to move giants in the food industry via online petitions. COURTESY VANI HARI VIA THE ASSOCIATED PRESS

As truth wars go, Vani Hari of the Food Babe blog has produced a doozy.

The former management consultant turned healthy-living activist has a bestselling book and an army of supporters. And with the help of her fans, she's led numerous successful online petitions to persuade food industry giants to rid their products of ingredients she deems unacceptable.

What Hari doesn't have, critics argue, is a background in related sciences or nutrition. And since starting her Food Babe blog in 2011, she's made mistakes that have landed her in a feeding frenzy.

"I think she means well, but I wish she would pick more important issues and pay closer attention to the science," said Marion Nestle, a nutrition, food studies and public health professor at New York University.

Hari certainly isn't the first food activist without a science background. So why has she become the food revolution figure that so many love to hate?

"Because we're winning," Hari said in a recent interview, citing numerous commitments by companies to provide more "clean" and "simple" ingredients, often in response to her campaigns.

The answer from Dr. Steven Novella, a clinical neurologist and assistant professor at Yale University's school of medicine, is more complicated. The working skeptic — he has a podcast and blogs — is one of Hari's most vocal foes. "It's almost like she's a food terrorist," he said. "She will target some benign ingredient that has a scary sounding name. Her criteria is if she can't pronounce it, then it's scary."

You bet, said Hari, who thinks a host of chemicals and additives used in the U.S. have no business being consumed, and notes that many are not allowed or are strictly limited in Europe and elsewhere.

The heat for Hari, who grew up on processed food, is fairly recent as her presence has grown. She gets nearly 5 million blog readers a month. She also gets death threats. And she's banned so many people from her streams that they now have their own page on Facebook.

"I really do believe the attacks on me and this movement is a distraction from the need to reform the food system," Hari said by phone from Charlotte, N.C., where she lives. "My sole purpose is to get people healthier. Unfortunately, many of the critics out there, their sole purpose is only to criticize."

Hari's mainstay tactics include overstating health risks and linking artificial ingredients with their non-edible uses, the latter a particularly effective way of rallying support. Last summer, for example, she took issue with Anheuser-Busch and MillerCoors over a foam stabilizer and several other ingredients.

In that post, she referred to propylene glycol, also found in airplane deicing liquid. Other bloggers claimed she meant propylene glycol alginate, an unrelated substance that comes from kelp. Neither were among ingredients in Budweiser and Miller Lite (which the companies posted in response to Hari), though both are allowed by U.S. regulators.

"What she does over and over again is target a chemical and try to provoke a disgust reflex by talking about what other purposes a chemical is used for or where it's derived from," Novella said.

Why do companies cave? Subway, for instance, removed azodicarbonamide, a chemical in its bread also found in yoga mats. But it's also found in plenty of other bread products, and is well-studied and safe, says Novella. He theorizes it's just easier, to some companies, to make questioned ingredients disappear.
THE ASSOCIATED PRESS

WAIT FOR THE LORD

Wait for the Lord to boost your faith in Him and while waiting, be courageous and unyielding just as the Psalmist said, "Wait on the Lord; Be of good courage, And He shall strengthen your heart; Wait, I say, on the Lord." - *(Psalm 27:14 NKJV)* As you look up to God for answer to your prayers, He will surely answer you in Jesus name.

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Domhnall Gleeson, left, and Oscar Isaac in Ex Machina. CONTRIBUTED

Oscar Isaac is leery of robots

SCI-FI

Ex Machina star has a lot to say about technology

Ned Ehrbar
Metro | Hollywood

After earning acclaim for roles set in the past — like Inside Llewyn Davis and A Most Violent Year — Oscar Isaac is firmly facing forward with the mind-bending new sci-fi indie Ex Machina — in which he plays a hermetic scientist trying to perfect artificial intelligence — and some other little film later this year called Star Wars: the Force Awakens. But that doesn't mean he's optimistic about the future.

There have been plenty of stories — movies, books, TV shows — about A.I. and the Singularity, and almost all of them end badly. Why do you think that is?
There's Kurzweil, who's a futurist who's a complete optimist. I actually read a book called The Optimist's Guide to the Future, as well. It was very funny. I think with history in general, the things we create we tend to lose control over. The Industrial Revolution is an example of how in a very short amount of time, we've done a lot of damage, like what's happening with the sea level rising, climate change — which is all real and is all happening. It's like, if that happens with stuff that's not self-aware, what would happen with things that are self-aware? Now Kurzweil, as an optimist, he believes that they will definitely grow exponentially once you do reach the singularity. But he's optimistic that we will become more machine as well. That's the only way we'll compete — with nanotechnology, with exoskeletons, whatever it is, we will also be able to compete by becoming more machine ourselves. Which we already are, you know. I mean, we have any answer to any question right (on our iPhones), even though it's disposable knowledge. I think it's very few people who actually retain anything that they look up on Google.

That's a popular word for deriding technological advancement: disposable.
Take just music, what it's done to music. I think music is way more disposable now, and people don't interact with it the same way they used to. I think that you've got lots of music going into your head, but I don't think that the experience is as deep as it maybe once was. Things are on shuffle, it's all content, just constant shifts of content, as opposed to living with an album for a while and seeing how it fits with your experience of the world. I don't know, I just find that it feels like interaction in general is more disposable and less precious than it has been in the past. Then again, I'm sure when they invented the phone people were saying the same s—. So I don't know.

With technological advancements, I feel like there's always a point where you personally become old, a line you can't cross conceptually, and for me it was the cloud. Do you have one?
That's giving up total ownership, right? I'm leasing everything in my life. I feel similarly with the cloud thing. I'm not a big social media person, either. It's not that interesting to me. I mean, I get why it can be a tool for promotion and a tool for coming together in protest — I get those aspects of it. But for me, I'm just not very interested in it. In some ways, it underlies how I don't have a connection with some of these people. On one I have these random friends, and it's just another example of how no, they really aren't in my life.

FIFTY SHADES

Husband to pen sequel
The Fifty Shades of Grey sequel will be a family affair.

A spokeswoman for Universal Pictures confirmed Thursday that the husband of E. L. James, Niall Leonard, will write the script for the follow-up to the global hit.

Leonard is also a published author. He has written for several British TV shows, including Air Force One Is Down and Wire in the Blood.

Kelly Marcel penned the original adaptation but isn't returning. Also not returning is director Sam Taylor-Johnson, whose disputes with James were well-known.

The Hollywood Reporter first reported Leonard's involvement in the sequel. THE ASSOCIATED PRESS

568M

How much Fifty Shades of Grey has grossed at the box office worldwide.

LITERATURE

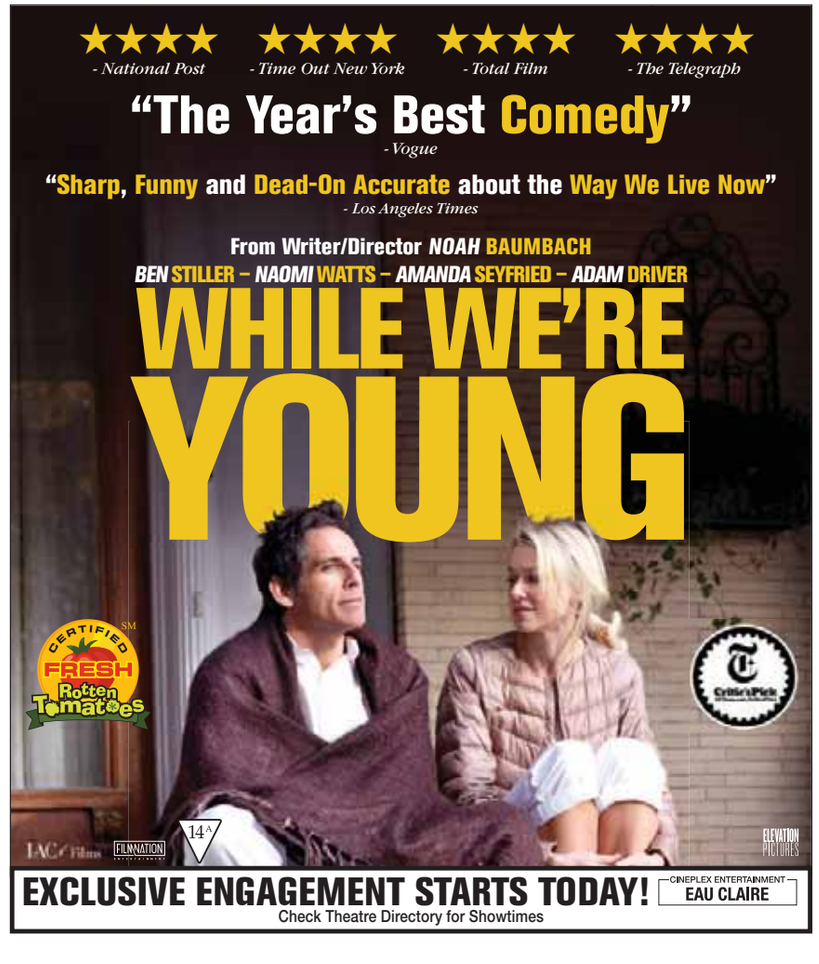
Harper Lee audio book nabs Reese

Harper Lee's upcoming novel, the year's most talked about literary release, will have some added star power for the audio edition: Reese Witherspoon.

The Oscar-winning actress will narrate Lee's Go Set a Watchman, HarperCollins announced Thursday. Lee, 88, stunned the world by agreeing to the release of Go Set a Watchman, scheduled for July and her only published work besides To Kill a Mockingbird, which came out in 1960. The new book was completed before Mockingbird, but takes place in the 1950s, 20 years after the setting for her first novel. Both books feature Atticus Finch, Scout and other famous literary characters.

Witherspoon, a Louisiana native, said in a statement that she considered it "an honour and privilege to give voice to the Southern characters" she had loved since childhood. THE ASSOCIATED PRESS

Reese Witherspoon is to narrate the audio edition of the new Harper Lee book, Go Set a Watchman. GETTY IMAGES



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Lois Lilienstein of TV trio dies at 78

SHARON, LOIS AND BRAM

Children's entertainer co-starred in The Elephant Show

Decorated children's entertainer Lois Lilienstein — perhaps the sunniest member of the cheerful trio Sharon, Lois and Bram — died Wednesday after battling cancer. She was 78. Below, a look at four songs Sharon, Lois and Bram made their own:

From left, Bram Morrison, Lois Lilienstein and Sharon Hampson in 2002.
AARON HARRIS/THE CANADIAN PRESS

I Am Slowly Going Crazy
Parents of children who grew up in the 1980s can surely relate. The group debuted the addictive, potentially never-ending earworm on the beloved '80s children's TV series Today's Special, before performing it on their own show, with each member of the trio taking turns donning a floppy purple-and-pink elephant hat when the lyrical countdown finally hits the "Switch!"

Old John Braddlelum
This traditional tune from the group's debut album might not be one of their best-remembered, but it did accumulate trivia cachet after Sharon, Lois and Bram's performance of the song was featured in the 1995 comedy Billy Madison. For those about to Netflix, the song trills pleasantly in the background as Adam Sandler's titular manchild devours a jar of paste with increasing enthusiasm during craft time.

One Elephant
The original version of this bilingual cut is enchantingly spare, with the trio's plucky vocals (and eventually, whistles) bouncing atop a bed of lumbering tubas and skeletal percussion. A revised, jauntier take — buoyed by additional brass and woodwinds — was used as the theme song during the animated introduction to their show.

Skinnamarink
Sharon, Lois and Bram's signature song, a blissfully nonsensical old tune (it dates back to a 1910 Broadway production) that was also included on the trio's debut. A performance of the winsome, ukulele-and-tuba tune — with its attendant series of cheerful hand movements, of course — closed every episode of The Elephant Show. THE CANADIAN PRESS

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What brought Blake Lively back to acting

HOLLYWOOD

Script ended former Gossip Girl's acting hiatus

Ned Ehrbar
Metro | Hollywood

Age of Adaline director Lee Toland Krieger claims that Blake Lively came in insisting she was the best person for the title role, but Lively herself begs to differ.

"I didn't say I'm the best person for it, I just said that I really wanted it," she explains. "I could give you a whole list of people that would've been better for it. But I was the most aggressive, I'll tell you that much."

It makes sense that Lively would approach the role with such vigour, considering she had to be passionate enough about it to cancel her self-imposed hiatus from acting following the end of Gossip Girl in 2012.

"I was on a TV show for six years. We shot 10 months a year," Lively explains. "I was just exhausted, and I didn't feel good at it anymore. When you have to do something so much, it's just muscle memory, and I wanted to take a break. I started my company, Preserve, because I thought, what else do I love? What else do I feel good at? What else can I be creative at while taking a break from acting?"

But she didn't block out Hollywood completely, with scripts still coming in.

"I read Adaline and thought, I can't not do this movie. I still wanted to be on a break, but I just thought I have to, have to be in this film," Lively remembers.

"And then because it was such a special movie and such a special experience, I was reading other scripts and thought, how do I live up to that? And then I got pregnant, so I didn't have to."

> **It's very hard to meet someone who's been alive for 100 years, and it's even harder to meet someone who's immortal.**
> Blake Lively, on researching the role of unaging Adaline

It's good she got over those feelings of inadequacy, too, because the role of Adaline — a woman born in 1906 who stops aging at age 29 due to a freak accident and tries to go unnoticed for the next 80 years — proved to be full of very unique challenges for Lively as an actress.

"I always look for the closest thing to a character that I'm playing, and I try to meet that person and talk to that person. It's very hard to meet someone who's been alive for 100 years, and it's even harder to meet someone who's immortal," Lively admits.

"So I thought, OK, (at what age) is a woman most defined? When does she really blossom into who she is? And it's when they come of age. So if she came of age in the 1920s, I need to capture a woman from the 1920s who has that formality and who is stoic and very proper and very reserved and conservative, and then try to weave in some influence from the '60s. That's very, very different from where women came in the Edwardian era. She can't be alien, so she has to have this timelessness to her and she has to look like a mixture of all these decades, because she wouldn't just go shopping at Zara and speak like I speak."

As soon as she saw the script for The Age of Adaline, Blake Lively felt she had to be in it. JAMIE MCCARTHY/GETTY IMAGES

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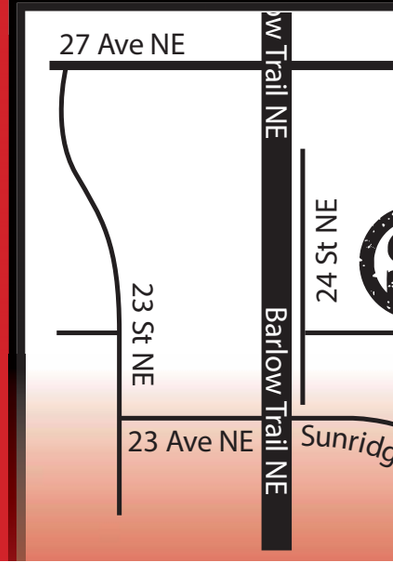

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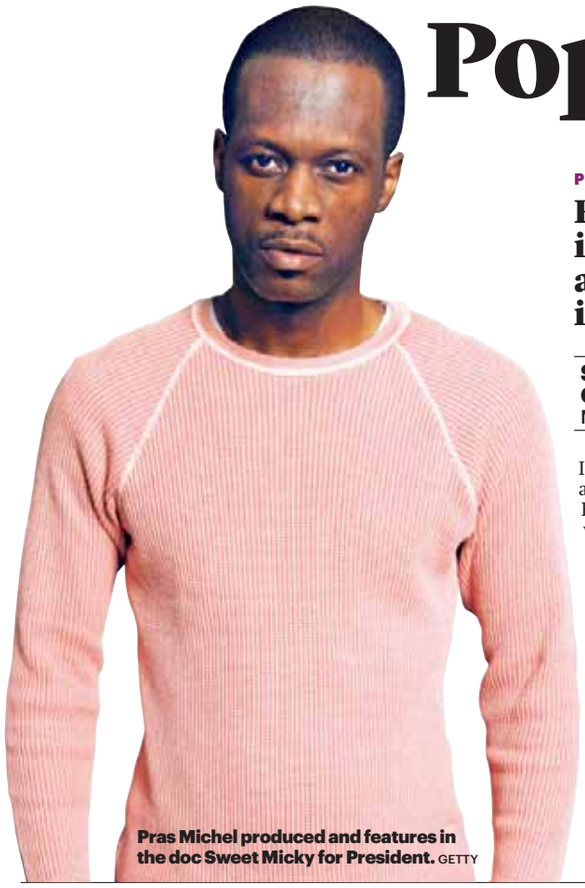

Pras Michel produced and features in the doc Sweet Micky for President. GETTY

PRAS MICHEL

Fugees rapper is filmmaker and kingmaker in Haitian doc

Steve Gow
Metro | Life

In the wake of Haiti's devastating earthquake, former Fugees rapper Pras Michel witnessed his homeland embroiled in unrest from lack of leadership. With a looming election, the hip-hop star virtually decided who would rescue the country from chaos — an outrageous popstar named Sweet Micky.

"Literally, it just came to me," said Michel of his epiphany to turn a shocking singer (better known for such burlesque antics as dropping his pants onstage) into Haiti's next president.

"What the country needed at that particular point was something that was unorthodox to get the mood (and) energy back and distract from the pain and he just happened to be thrown to me in my universe."

Chronicled in the spirited documentary Sweet Micky for President, Michel became Micky's (his real name is Michel Martelly) right-hand man during an incredible political campaign challenged by corruption, inexperience and even Michel's own Fugees collaborator Wyclef Jean — who also briefly ran for the commander-in-chief position — essentially making a simple story stranger than fiction.

"That's how things were happening to us — to the point where if you really look at the movie, it feels like a narrative," admitted Michel, who never expected the experience to become a film. "How it was going down was how it was captured and then we went back and went 'Wow, this really feels like a movie.'"

Since his days as one-third of Grammy-winning group The Fugees, Michel has been "loving the film aspect" of his career as much as making music. Having produced documentaries like 2007's Skid Row (where he masqueraded as a homeless person) and a long-awaited project about Somali pirates, these days he's certainly more filmmaker than Fugee.

"I'm catching the buzz and I've got a couple more narrative projects that I'm developing," said Michel. "We want to make things that are avant garde (and) interesting but at the same time, get to the core of the issue."

Sweet Micky for President will have its Canadian debut next Wednesday at the Hot Docs Canadian International Documentary Festival in Toronto.

Michel Martelly, a.k.a. pop star Sweet Micky, has been president of Haiti since his election in 2011. CONTRIBUTED

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Jessica Paré as Megan Draper in Mad Men. CONTRIBUTED

Mad Men's French connection

JESSICA PARÉ

Megan Draper's Quebec roots caused a bit of a stir among fans

Mad Men is famously fastidious in its attention to detail, but for some Canadians there's been one glaring misstep over the years — the way it portrays Quebec character Megan Calvet Draper.

As the series comes to a close, Montreal actress Jessica Paré says she's been vaguely aware of complaints that the Calvets don't seem typically Québécois.

Online nitpickers have suggested Megan's first and last name aren't very French-Canadian, and took issue with the French spoken by Brit actress Julia Ormond, who plays Megan's mother Marie, and Belgian-born actor Ronald Guttman, as Megan's father Emile.

Paré says Ormond worked with a coach on her French accent.

"(Creator) Matt (Weiner) is making an American TV show and it goes really fast and we all do the best we can," Paré says in a recent phone interview from Palm Springs, Calif.

"I mean, as for my accent, I grew up there and I spoke both French and English."

Most recently, the Calvets took centre stage in the April 12 episode, when Marie and Megan's sister Marie-France — played by Canadian actress Kim Bubbs — arrive to help Megan move out of the New York pad she shared with philandering ad man Don Draper.

Paré says she enjoyed getting to flip between English and French for the show, noting "it's not something that you get to do very often" on a U.S. series.

Paré was coy in addressing whether we've seen the last of her big-haired bilingual character, but says she's immensely proud of the work she's been able to do on the AMC period drama.

> **I feel like when it's really close to home ... we want to see it portrayed the way that we perceive it. But it's also TV — (there's) a little creative expression.**
>
> Jessica Paré, on Canadians seizing on the Calvet storyline

Last we saw, Megan finalized a bitter divorce with Don and was about to begin a new chapter with a million-dollar settlement.

"Her time with Don has really taken a lot out of her, taken a lot of her joy, and a lot of her optimism," Paré says of Megan, who looked the other way as Don wandered.

"But I believe in Megan. She's an optimist, so she'll be fine. Especially with a million dollars."

THE CANADIAN PRESS

BRUCE GREENWOOD ON MAD MEN

Keeping Joan's new beau a secret no easy task

Doing a guest stint on the final episodes of Mad Men can be a tricky proposition — just ask Canadian actor Bruce Greenwood, who popped up on the most recent episode as a love interest for the world-weary Joan.

First, you must weather the complaints from devoted fans, who question the introduction of any new character.

After all, there's precious little time remaining to resolve the storylines of the beloved longtime leads, like Christina Hendricks' beleaguered junior partner.

Then, there's the responsibility of keeping your appearance a secret until the big reveal — in Greenwood's case that was about a year.

The B.C.-bred actor says the importance of protecting his storyline was drilled into him at the first table read, when creator Matthew Weiner went out of his way to stress the need to preserve surprises.

"He says, 'You will be prosecuted to the end of the Earth if you breathe a word about any element of this thing you've just heard!'" Greenwood recalls in a phone interview this week from his home in California.

For Greenwood, that meant not only keeping his mouth shut, but also concocting stories about how he'd met members of the Mad Men cast.

THE CANADIAN PRESS

The ladies of Mad Men AMC

Not all poutine and maple syrup

DOCUMENTARY

Film offers no easy answers on Canadian identity

Steve Gow
Metro | Life

Calgary-raised TV writer Robert Cohen may have moved to Hollywood 27 years ago but he still gets asked about his homeland all the time. In fact, the insistent ignorance has inspired him to travel across the Great White North to define what makes a Canadian.

"People may agree or disagree with it," said Cohen of his new documentary, Being Canadian.

"But it was born out of my genuine frustrations with people outside of Canada not knowing or caring about us, so (my journey) was really the only logical way in and I would get other people's opinions."

"I don't think there's any Americans feeling there's a lack of national identity around the world as to what America is."
Director and TV writer Robert Cohen

Director Rob Cohen, left, and Will Arnett in Being Canadian. CONTRIBUTED

Along the way, Cohen corners both celebrities and average Canucks to classify the Canadiana that sets us apart.

What he finds is that even as drunk tourists in Vegas are unable to name our nation's capital, it's our own inability to define ourselves that makes us unique.

"I don't think there's any Americans feeling there's a lack of national identity around the world as to what America is," notes Cohen.

Available on-demand April 26, Being Canadian divides the film into sub-categories light on history but heavy on idiosyncrasy and perhaps most notably, our unique cuisine — or lack thereof.

"Most people think poutine and maple syrup (and) I grew up thinking it was Alberta beef," explained Cohen of Canada's recognized dishes — adding an assembly of noted chefs recently "all agreed there was no Canadian food — which is so perfect because it's the answer that's a non-answer but it's the perfect answer."

Indeed, what makes Canucks distinctly Canadian is our ambiguity about our identity. However Cohen remained pretty decisive about at least filling the film with Canada's most famous folks — William Shatner, Rush, Dan Aykroyd and one funnyman in particular — Mike Myers.

"We've been friends for a long time," said Cohen.

"He's so hyper-Canadian and so well-spoken in great bits that he was very important."

DIRECTOR'S THOUGHTS

On sneaking Canadian iconography into sitcoms
"I sneak it in as much as I can," said Cohen, who's written for shows like The Simpsons and Big Bang Theory. "It's just that a lot of the times people go 'nobody will believe that' so you end up having to cut it out."

On the consensus on Canada around the globe
"Everybody loves Canada. Nobody had anything negative to say about Canada," said Cohen. "It is not a perfect place by any means but (with people's) limited knowledge, they are delighted and charmed by it."

On having an epiphany at a parade
"The outward enthusiasm was so great that that was the part that blew my mind the most," said Cohen of attending a Canada Day parade. "I realized I didn't need to be out there as sort of Canada's schoolyard bully and that, like I say in the movie, we're so cool, we don't need to worry about it."

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From Dildo to Blow Me Down

Newfoundland draws tourists from all over, not just for spectacular seaside vistas and colourful outports, but with place names that jump off the map.

THE CANADIAN PRESS

1 Dildo

FLICKR: ADAM

The name may originate with the earliest European explorers and mappers who used it for nearby Dildo Island at least as early as 1711. Perhaps they thought it resembled the shape of a less X-rated dildo, the name used for round pegs that lock oars in place on a dory. Other theories include the name comes from the Italian word "diletto," meaning delight, or from the name of a Spanish sailor who travelled the area.

2 Heart's Content

FLICKR: DOUGLAS SPROTT

Heart's Content on the east coast of Trinity Bay is famous as the landing site in 1866 of the first telegraph cable linking North America and Europe. Its name can be traced to the writings of the earliest settlers, including English merchant John Guy, who led efforts to colonize Newfoundland and sailed into Trinity Bay in 1612. Guy had in 1610 helped found the first English community in present-day Canada at Cuper's Cove, now affectionately known as Cupids.

3 Happy Adventure

FLICKR: CLIFFY03

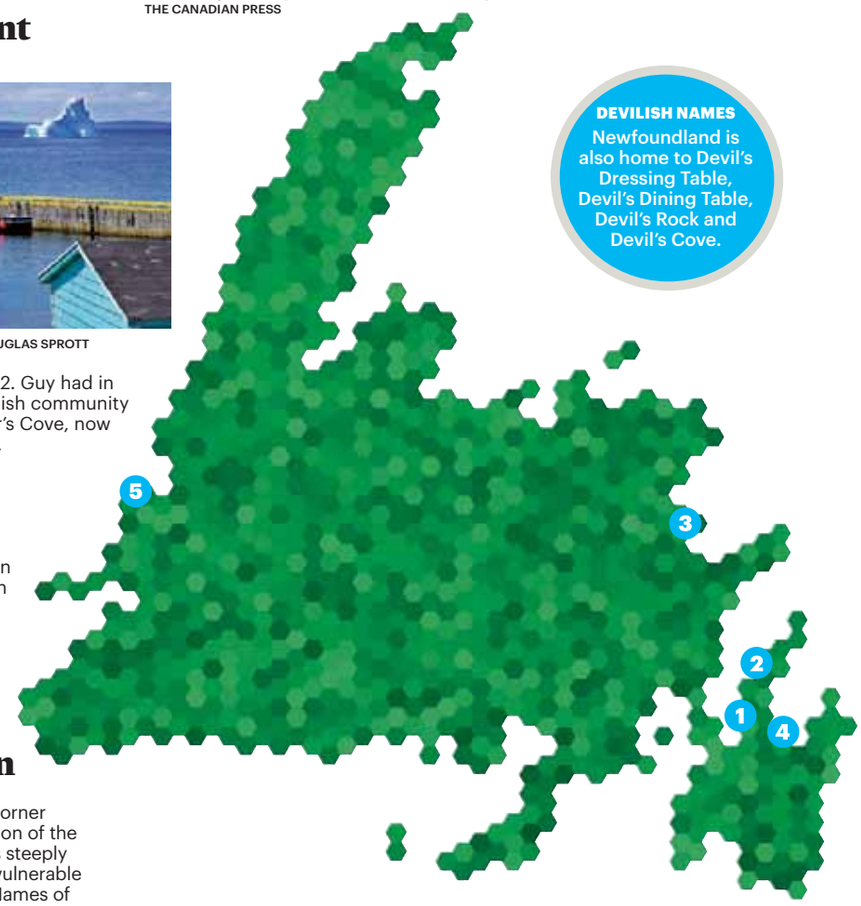
Founded in 1710, it bills itself as "Newfoundland's most peaceful community." Local folklore, however, suggests its pleasing name may have come from the vessel, The Happy Adventure, of pirate Peter Easton who plied the waters off Newfoundland in the 1600s. Another theory, according to the Newfoundland and Labrador Heritage website, is it derives from George Holbrook, a British surveyor and mapper who sought shelter from a storm in a nearby cove in 1817. Various sources say he called it a "Happy Adventure."

4 Cupids

Cupids is located on Conception Bay, itself recorded by European explorers as early as 1527. According to the Canadian Encyclopedia online, its name honours the Feast of the Immaculate Conception.

5 Blow Me Down

A provincial park northwest of Corner Brook, Blow Me Down is a variation of the term Blomidon, where land rises steeply from the water, leaving vessels vulnerable to squalls, says the book Place Names of Atlantic Canada.



DEVILISH NAMES
Newfoundland is also home to Devil's Dressing Table, Devil's Dining Table, Devil's Rock and Devil's Cove.

ECO-FRIENDLY

Canadian organizations keep tourism and hospitality green

ON THE MOVE
Loren Christie

In honour of the 45th anniversary of Earth Day, celebrated around the planet this past Wednesday, I salute some standouts in Canada's tourism and hospitality industry that are doing their best to keep our planet green.

As one of Parks Canada's national historic sites, it may seem obvious the Forks in Winnipeg should be dedicated to preserving the planet. However, this collection of interpretive exhibits, walking trails and attractions at the junction of the Red and Assiniboine Rivers has taken its commitment to zero emissions, zero garbage and zero waste to a new level. Efforts include a geothermal heat pump system, composting, recycling and a target zero eco-kids tour.

Wasted vegetable oil is collected from deep fryers in the local restaurants and used to power the site truck, three Gator utility vehicles, a refrigerated container and a Zamboni used to create the world's longest naturally frozen skating trail on the Red River.

In Montreal, as part of Cirque du Soleil's world headquarters complex, La TOHU hosts cirque shows throughout the year, including the annual National Circus School show and the Montreal Cirque Fest in July. The complex was built on the site of North America's second largest waste dump and the venue is a stunning example of how to revitalize an area with eco-friendly architecture, activities and initiatives. Enjoy a meal made with fresh vegetables from its garden at its on-site bistro.

> **Efforts include a geothermal heat pump system ... and a target zero eco-kids tour**

British Columbia is well known for its standout collection of eco-friendly lodges. The Purcell Mountain Lodge has led the way in a number of back-country innovations, generating electricity from a nearby mountain stream, custom designing a waste-water treatment plant, which produces water as its end product, and being fully committed to recycling and composting.

Other standouts in the province include the Clayoquot Wilderness Resort, the Nipika Mountain Resort and the Siwash Lake Ranch.

If you are looking to travel outside of Canada, book a trip through Gadventures, a homegrown company that takes maintenance of our planet seriously. For example, on its Peruvian excursions, it uses biodegradable soap on the Inca Trail to Machu Picchu, supports an eco-friendly campsite on the Lares Trek, and houses its guests at the G Lodge in the Peruvian Amazon, which features solar heat, including hot water, rechargeable flashlights, and meals made with fresh local ingredients.

Where selfie sticks are welcome

FLORIDA

Wynwood in Miami buzzes with street art, local shopping

There are two must-have selfies for any visitor to show off from Miami: one on the sands of South Beach, and one against the bold murals of Wynwood.

The riot of colour sprayed across several blocks of warehouses and art galleries has become as synonymous with Miami as humidity and sunshine.

Walking through the neighbourhood is like walking through an open-air contemporary art museum, only one where artists are found painting something fresh.

The Ms. Cheezious Food truck is well known in Wynwood, Miami, for its cheese sandwich.

Graffiti murals

Here graffiti has evolved from unwelcome scribbles to large-scale murals that reference both classical art themes and pop culture.

Many of the artists are commissioned to produce the abstract patterns and whimsical figures that cover the concrete walls of bars, galleries, boutiques and even a neighbourhood school.

A good place to start exploring is Wynwood Walls, where two restaurants anchor a cluster of buildings that feature a rotating roster of prominent street artists.

Wynwood Mural Tours has produced a curated guide to the neighbourhood's art, a project produced with the local street artist Atomik, known for his ubiquitous large, grinning oranges.

The painting isn't limited to the walls. Some crosswalks have been painted with bright designs, and sidewalks frequently are sprayed with the stencilled poetry of Instagram star R. M. Drake (also known as Miami-based writer Robert Macias).

As Wynwood has grown into a premier arts district, it's also developed as a local hub where residents stop for artisanal breads and coffee, hold a book club in a flower shop and host pop-up shops during the city's many arts and literary festivals.

Galleries stay open late and food trucks cluster in an empty lot every second Saturday for a monthly art walk.

Cafés and boutiques

The new Wynwood Block collection of cafés and boutiques highlight work by some of Miami's independent artisans, including letterpress stationery and fashion accessories.

The neighbourhood also is a centre for experiencing Miami's craft beer and distilling movement.

Wynwood Brewing Company and Miami Club Rum make their homes here, and nearby bars and restaurants regularly feature a variety of South Florida-brewed beers on tap.

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TRAVEL NOTES HOTELS AND A RIDE

Rome's G-Rough Hotel.

A temple in Thailand.

DesignHotels.com maintains local flavour

If design is high on your checklist, this one's for you. DesignHotels.com curates more than 270 unique hotels in 50 countries, each one not only nicely designed but run by independent owners (such as Rome's recently opened G-Rough Hotel). You get local culture plus something a bit more down to earth price-wise than other boutique-oriented sites.

New Orlando Eye offers panoramic views

The new Orlando Eye opens May 4 in the city's new I-Drive 360 entertainment and dining complex. At 122 metres, it will be the tallest observation wheel on the east coast of Florida, with air-conditioned glass capsules that offer riders a 360-degree view of Central Florida. See all the way to Cape Canaveral on a clear day. From $18. Visit OfficialOrlandoEye.com.

Bucket List: Chiang Mai, Thailand

The "shoulder seasons" (between peak and off-peak periods) in Thailand can yield beaches all to yourself, no lineups at temples and lower hotel prices. From touring the moated quarter, to sampling street food and day tripping to the mountains, this hub of ancient civilization has it all. Visit TourismThailand.org.

DOUG WALLACE

ST. HELENA

Airport to change island's fate

The tiny South Atlantic island of St. Helena — where Napoleon died in exile — dreams of becoming a tourist draw when its first airport opens next year despite fears it cannot accommodate an influx of visitors.

For years only accessible by boat, St. Helena has just one bank, no cash machine and no mobile telephone reception.

Sailing out to St. Helena from Cape Town, South Africa, every three weeks, the boat journey takes five long days. Because the island is so remote, only 1,500 tourists visit each year.

But the tourism office hopes the weekly 4.5-hour passenger flights scheduled to start from Johannesburg, South Africa, in February 2016 will change that — and the island's economy — forever.

Its director Cathy Alberts says she expects 30,000 tourists a year, and voices hope the change will help St. Helena become self-sufficient.

Perched in the Atlantic halfway between Africa and South America, the island relies on Britain for most of its income — £60 million ($89 million) a year — but has its sights set on financial independence.

A street in the centre of Jamestown, the capital of the South Atlantic island of St. Helena. JEAN LIOU/AFP

When visitors arrive in St. Helena, they will have several days to amble about, ample time to see the local sights, including the house where Napoleon, France's greatest military hero, died on May 5, 1821.

But not everyone is happy with the change.

The idea of crowds of camera-wielding tourists worries many of the island's 4,200 residents, concerned the island cannot meet such a demand.

"You can imagine the chaos on the roads," said Niall O'Keefe, who heads local development company Enterprise St. Helena.

Local officials say change would not come instantaneously.

"In 10 years, I see St. Helena livelier, with more people, more restaurants, more shops," the island's governor Mark Capes said. "But it will not be a big bang, it will not happen overnight."

Hoteliers are lobbying for a second flight to Britain, home to most of the island's tourists.

"To have two flights a week, we will need to double our hotel capacity," finance official Dax Richards said, adding that a surge in demand would swamp St. Helena's meagre facilities.

Currently, the island offers just 85 beds for tourists and a few self-catering units.

Beds are just part of the problem. Because of its remoteness and dependence on funding, the island's infrastructure is lacking.

Some in the tourism industry worry that well-heeled visitors will be disappointed by unprofessional service — or problems such as garbage in the Jamestown moat — and vent their disappointment on influential travel websites.

Others fear something worse: that the island could lose its soul.

"I hope we don't lose our cohesion, our sense of solidarity," tour guide Basil George said. "That's my fear with the airport, not the airport itself." AFP

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Ease into exercise routines

SHUTTERSTOCK

Many Canadians become weekend warriors when temperatures begin to climb into the teens. But for Hal Johnson, a Canadian fitness guru known for BodyBreak, weekend warriors could be fighting a losing battle.

"I play on two over-35 hockey teams," Johnson says. "This past February, a 52-year-old player dropped dead in the shower — he was a former AHL hockey player.

"We put the paddles on him and he's living today. But he was (clinically) dead, and that happens every year."

The weekend warrior phenomenon — where people are inactive, then suddenly engage in an activity that they aren't used to — is part and parcel of our long Canadian winters.

"It's a Canadian problem," Johnson says. "We get in the habit of being active when the weather's good, but when the weather's bad, we stop."

Johnson recommends slowly building up your activity levels.

"Find something you enjoy and do it on a regular basis," he says, adding that even someone as active as he and his wife, Joanne McLeod, take additional steps when starting activity beyond their norm. "When we were going on The Amazing Race, we hired a personal trainer and worked for six weeks. He put us in positions and used muscles we wouldn't normally use."

Instead of being a weekend warrior, it's better to incorporate activity on a regular and sustained basis.

And perhaps reconsider those single-event, activity-based events that require non-active people to engage in intense physical activity.

"Take your money and just give it to the charity instead," he said. "Or take half of it, give it to the charity, then take the other half and go to a gym." *– Jay Menard*

REJUVENATE YOUR HAIR AND BODY

VISIT THE HAIR RESTORATION SERVICES OF CALGARY

CONTRIBUTED

It's springtime, which is the ideal time to treat your hair and body to a fresh rejuvenation.

Hair Restoration Services (HRS) of Calgary specializes in a variety of hair and body restoration services, including hair replacement, laser light therapy for hair restoration, women's Wonderfil and Hot Heads hair extensions, skin tightening, factional skin treatment, and non-invasive body contouring.

HRS owner Arlene Forster says it's the perfect time to treat yourself to one of these services, and she is also excited to share the latest technology for fat reduction.

"Our body sculpting services — known as 'body FX' — is the only technology that tightens the skin and reduces the fat, at the same time helping people look and feel their best," she says.

There are treatments that can help alleviate or rectify hair loss for both men and women, Forster says, who adds that hair replacement is a non-surgical and natural looking way to have a full head of hair within hours.

"Even though 80 per cent of our clients are men, we have women who suffer from hair loss, too. It's simple, fast and produces maximum results."

HRS of Calgary Inc. is an 11-time recipient of the consumer choice award from 2005 until 2014 and is known for its reputation, integrity and results.

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Smell something new in the air?

You may have noticed yourself inhaling deeply if you have walked down Shawville Boulevard in Shawnessy Shopping Centre over the last few days.

The air there is rich with the aroma of freshly baked bread, rolls, buns, croissants, scones, and more, and will continue to be for years to come. COBS Bread Shawnessy recently opened to the public with Kelly and Lee Hodgins, bakery owners, sharing their baked-from-scratch bread with the community. The new site is the owners' second bakery — they opened their first at Centennial Village in Okotoks in 2013 — and they take great pride in their bread, serving their customers, and being a part of the community.

"Seeing all the great bread we bake, beautifully displayed for our customers, and creating wow moments with everyone who sets foot in the bakery — customers and employees alike — is what makes me smile everyday," Kelly Hodgins says.

COBS Bread has 13 bakeries in the Calgary area. Its traditional loaves contain no added preservatives, colouring sugar or dairy. All its whole-wheat loaves are made with whole-grain flour, and the authentic sourdough is made with a natural levain starter. The French baguettes are made using a traditional recipe and take over 16 hours to prepare.

COBS CONTINUES TO SUPPORT LOCAL CHARITIES WITH UNSOLD PRODUCT

To bake fresh every day, you need to start from scratch. That is why every COBS Bread bakery across Canada donates its unsold product (except, for health safety, items containing dairy or meat) to local charities at the end of each day. Since 2003, COBS Bread has donated more than $15 million in bread to local charities. Each bakery has a weekly schedule for pickups by local charities.

Franchise owners Kelly and Lee Hodgins are currently looking for End of Day Giving charity recipients at their Shawnessy bakery. To learn more, email them at shawnessy@cobsbreadmail.com.

Whole wheat, whole grain — what's the difference?

Whole grains include all three parts of the wheat kernel, including the bran the endosperm and the germ: all of which contain valuable nutrients.

Refined grains (which include white and whole-wheat breads) have had the germ or bran removed. This results in a loss of fibre, vitamins and minerals.

Every loaf of bread from COBS labelled "Whole Wheat" is made from 100 per cent whole grain flour. The loaves are made from Canadian wheat and are a good source of fibre, low in saturated fat, with no trans fats, sugar, artificial colours or preservatives.

According to Health Canada's Food Guide, half of the grain products you consume each day should be whole grain. Whole grains contain vitamins, minerals and phytochemicals, which promote overall health and reduce the risk of developing serious disease.

Including whole grains in a daily diet can lower triglycerides, improve insulin control and help you maintain a healthy weight.

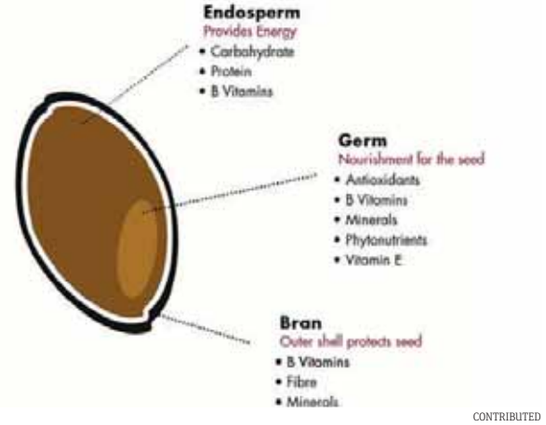
Fibre-containing foods such as whole grains help you feel full with fewer calories and are good for digestion. Dietary fibre from whole grains also helps reduce blood cholesterol levels and may lower the risk of heart disease.

So, how can you tell if a grain is whole or not?

The term "whole grain" is key when you buy your next loaf of bread. It's the entire grain that provides the important vitamins, minerals, fibre, and high levels of disease-lowering antioxidants.

All whole grains contain the bran, the endosperm, and the germ. Each of these parts contributes uniquely towards your long-term health.

Whole grains are a part of the COBS Bread's commitment to providing healthy choices for Canadians. For more information, visit cobsbread.com/cobs-cares/our-commitment.



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metro SPORTS

MLB will allow Pete Rose to take part in all-star game festivities in Cincinnati

WEEKEND, April 24-26, 2015

Canucks cool off Flames

NHL PLAYOFFS

Vancouver extends series to a sixth game

GAME 5 In Vancouver

2 1

Daniel Sedin scored early in the third period Thursday as the Vancouver Canucks avoided elimination with a 2-1 victory over the Calgary Flames in Game 5 of their Western Conference quarter-final.

The Flames still lead the best-of-seven series 3-2, with Game 6 set for Saturday in Calgary.

Nick Bonino had the other goal for Vancouver, which got 19 saves from Ryan Miller.

David Jones replied for Calgary, while Jonas Hiller stopped 41 shots.

The Canucks snapped a 1-1 tie 1:47 into the third after the Flames iced the puck. Vancouver put out its top line for the offensive zone faceoff and made Calgary pay as Daniel Sedin shovelled home a Dan Hamhuis rebound through Hiller's pads for his second goal of the series.

Canucks goalie Ryan Miller — with the help of Luca Sbisa, left, and Kevin Bieksa — makes a save under pressure from the Flames' Joe Colborne in Vancouver on Thursday. DARRYL DYCK/THE CANADIAN PRESS

Vancouver had to kill off a Calgary power play midway through the period when Hamhuis was whistled for firing the puck over the glass, including a big stop from Miller on Joe Colborne from the slot.

The Flames had another man advantage with under six minutes to go when Henrik Sedin went off for hooking, but didn't get a single shot on target against Miller, who was making his first start of the series after replacing Eddie Lack in Game 4.

Calgary has made a living off third-period comebacks this season, but were unable to find an equalizer as Vancouver stayed alive in front of a raucous towel-waving crowd at Rogers Arena.

THE CANADIAN PRESS

MORE SCORES

Lightning 3, Red Wings 2
Tyler Johnson led a stirring Tampa Bay rally late in regulation, then scored 2:25 into overtime to lift the Lightning to victory, evening their playoff series at 2-2.

The Red Wings led 2-0 in the third period before Johnson scored with 5:26 remaining. He then assisted on Ondrej Palat's tying goal 77 seconds later.

Predators 5, Blackhawks 2
Rookie Filip Forsberg had his first career hat trick and Nashville forced a sixth game in their first-round Western Conference series.

Capitals 5, Islanders 1
Rookie Evgeny Kuznetsov scored twice, Karl Alzner added a goal and an assist, and Washington beat New York for a 3-2 lead in the first-round series.

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Capitals rookie Evgeny Kuznetsov scored a pair on Thursday night. GETTY IMAGES

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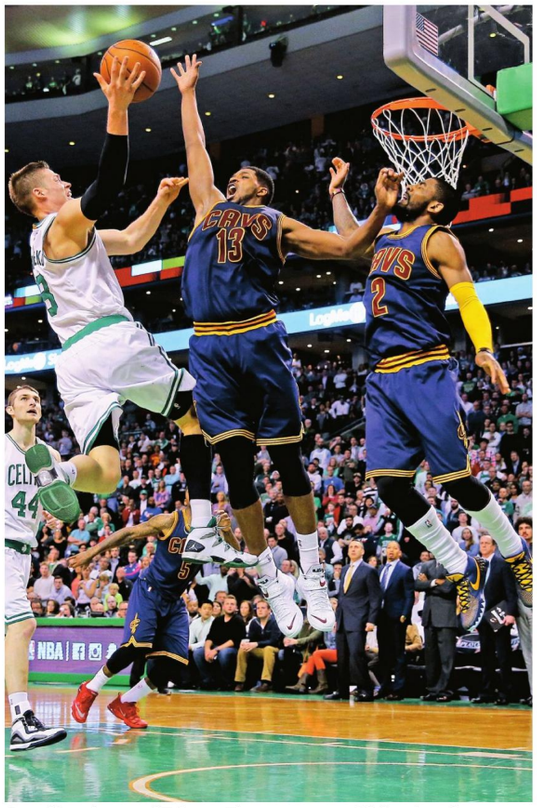

Cavaliers forward Tristan Thompson — with backup from Kyrie Irving — blocks a shot by Jonas Jerebko of the Celtics on Thursday night in Boston. MADDIE MEYER/GETTY IMAGES

Cavaliers clamp down on Celtics

NBA PLAYOFFS

Cleveland's stars just too big for Boston

LeBron James scored 31 points and the Cleveland Cavaliers moved one win away from a sweep in their first playoff series in five years with a 103-95 victory over the Boston Celtics on Thursday night.

The scrappy Celtics kept it close, just as they did in the previous two games, and trailed 95-92 after Evan Turner hit a three-pointer with 2:45 left. But Kevin Love hit two threes for a 101-93 lead with 26 seconds to go.

Cleveland can complete the sweep of the best-of-seven, first-round series Sunday in Boston. No NBA team has won a series after trailing 3-0.

Turner had 19 points and Avery Bradley added 18 while Isaiah Thomas managed just five points.

Love had 23 points and J.R. Smith added 15 for the Cavaliers.

James went to TD Garden more than an hour before Thursday's shootaround to work on his game, despite having scored 50 points in the first two.

It was his first post-season game in Boston since Game 6 of the 2012 Eastern Conference finals when he was with Miami. He had 45 points and 15 rebounds in that game to avoid elimination. The Heat won Game 7 at home then beat Oklahoma City for James' first NBA title.

On Thursday he was booed nearly every time he touched the ball in the first half. The Celtics led 48-44 before the Cavaliers closed with a 12-0 run for a 56-44 lead. In the last 40 seconds, James had six points and a steal.

THE ASSOCIATED PRESS

MLB ROYALS, WHITE SOX GET TESTY White Sox pitcher Jeff Samardzija, centre, tussles with Kansas City Royals players during the seventh inning of Thursday night's game in Chicago. ANDREW A. NELLES/THE ASSOCIATED PRESS

IN BRIEF

D-Rose, Butler send Bulls to brink of Round 2

Derrick Rose scored 34 points, Jimmy Butler added 24 and the Chicago Bulls beat the Milwaukee Bucks 113-106 in double overtime on Thursday night to take a 3-0 lead in their Eastern Conference playoff series.

Jimmy Butler got the second overtime off to a rousing start, intercepting a backcourt pass and racing in for a layup. It set the tone for an 8-0 run to help Chicago finally shake the pesky Bucks.

THE ASSOCIATED PRESS

Spurs Leonard named NBA's top defender

Kawhi Leonard is keeping some Hall of Fame company.

The San Antonio forward was selected the NBA Defensive Player of the Year on Thursday, joining Michael Jordan and Hakeem Olajuwon as the only players to win the award and the NBA Finals MVP.

THE ASSOCIATED PRESS

Steroids still have a powerful pull

BASEBALL

Many find lure of performance enhancement tough to resist

Barry Bonds and Roger Clemens have moved on, their names cleared. However, the cloud of steroids remains over baseball and all sports.

Dugouts no longer are filled with bulked-up players with swollen skulls and Popeye-like arms. Bodies deflated after testing for performance-enhancing drugs started in 2003 — and not coincidentally, offence has receded, too, transforming the game back to 1960s-style pitching and defence.

If the early 1960s were defined by the M&M Boys — Mickey Mantle and Rogers Maris — the 1990s and 2000s have been marked by the B&B Boys: BALCO and Biogenesis. "I think performance-enhancing drugs, not only for baseball but all athletics, is not an issue that you can check off as solved," new baseball Commissioner Rob Manfred said Thursday.

"The temptation to use drugs is large, and I don't think it's realistic to expect in any sport that you're to get to a situation where you never, ever have another violation."

Five big leaguers have been suspended for positive tests in the past month, evidence some athletes always will seek an edge. Still, Travis Tygart, chief executive officer of the U.S. Anti-Doping Agency, said baseball has moved in the right direction. "Baseball today and clean athletes today have to be thankful for the sad legacy that Bonds and his era of players left, but it's provided a level playing field." THE ASSOCIATED PRESS

A-Rod has comeback well after his drug suspension. GETTY IMAGES

IN BRIEF

FIFA reject revote to change hosts of 2022 World Cup

FIFA has rejected a call by European lawmakers to re-run the vote which chose Qatar as 2022 World Cup host. Responding to a Parliamentary Assembly of the Council of Europe debate on Thursday, FIFA says it has "no legal obligation for FIFA's executive committee to revoke" the decision. The 47-nation PACE meeting in Strasbourg, France, agreed a re-vote was justified by "illegal payments" linked to Qatari former FIFA power broker Mohamed bin Hammam.
THE ASSOCIATED PRESS

Evergreen Colon helps Mets earn 11-game win streak

Daniel Murphy drove in four runs and the New York Mets matched a franchise record with their 11th straight victory Thursday, walking their way to a 6-3 win over the Atlanta Braves behind Bartolo Colon.

The streaking Mets, with the top record in the majors despite injuries to several key players, finished 10-0 on their first homestand of the season after sweeping a trio of NL East rivals.
THE ASSOCIATED PRESS

Late NFLer's family to appeal concussion award

The family of the late NFL safety Dave Duerson plans to appeal terms of this week's class-action concussion settlement. Family lawyer Thomas Demetrio objects to the exclusion of future awards for CTE, the brain trauma that some call "the signature disease of football." Lawyers involved in the settlement say an appeal could hold up payments to thousands of players.
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SEMINARS

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Dr. Eliot Gardner, PhD and Dr. Raju Hajela, MD have been on the leading edge of state of art research in the fields of Addiction Medicine and Mental Health for over 30 years. They will share research and experience at the molecular, genetic, cellular and clinical levels that has led to a better understanding of the biological, social, mental and spiritual components of Addiction and Mental Health. They will be joined by 4 more panel members to discuss 2 of the 5 real world topics (chosen by participants when they RSVP by April 30);
RSVP & INFO FAMH.ca THE CIVIC ON THIRD MAY 9 1PM to 4:30PM

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RECIPE Scallops with Edamame and Soba Noodles

EAT LIGHT AT HOME

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Ready in
Prep time: 5 minutes
Cook time: 5 minutes

Ingredients
- 4 oz soba noodles
- 1 cup shelled edamame
- 1 Tbsp sesame seeds
- 8 large scallops
- 2 Tbsp light soy sauce
- 1 Tbsp lemon juice
- 1 Tbsp sweet chili sauce
- 1 Tbsp sesame oil
- ¼ cup chopped cilantro
- Sliced green onions for garnish

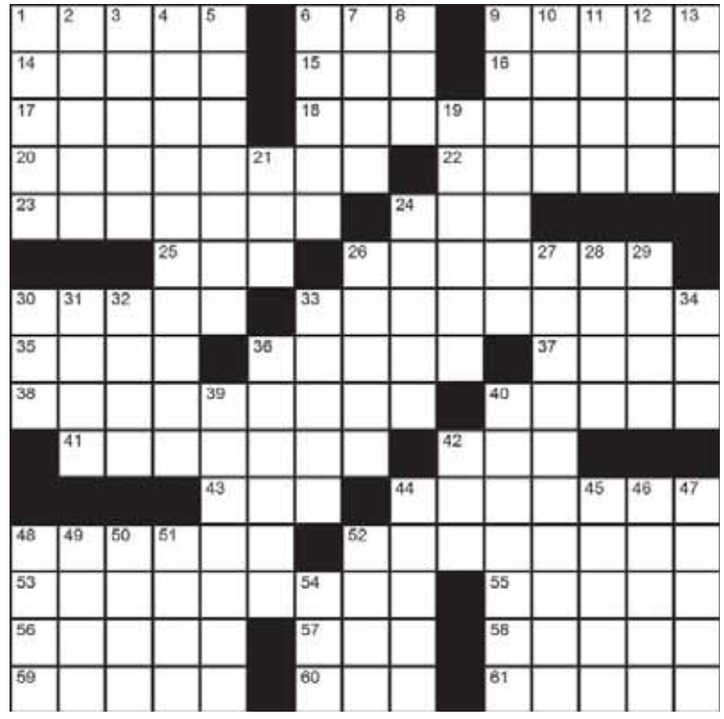
Directions
1. Cook noodles in boiling water, just until tender, about 3 minutes. Add edamame during the last minute of cooking. Drain and place on serving plate.
2. Meanwhile, sprinkle scallops with sesame seeds. In a hot grill pan sear on both sides, until just cooked about 2 minutes per side.
3. Add soy sauce, lemon juice, sweet chili sauce, sesame oil and cilantro to noodles and mix well. Garnish with scallops and green onions.

Nutrition per serving
- Calories 368
- Protein 36.7 g
- Carbohydrates 30.1 g
- Fibre 0.9 g
- Total fat 11.1 g
- Saturated fat 2.0 g
- Cholesterol 41.7 mg
- Sodium 468 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Corey Hart's singer wife Julie
6. Skull part
9. Wall's time-teller, Kardashians spelling-style
14. Port city of Japan
15. Past
16. "Raining Gold" singer Ms. Osbourne (Daughter of Sharon and Ozzy)
17. '_ _ Disturb' sign
18. Magazines carrier
20. Laid to rest
22. Beatles' "_ a Place"
23. Search: 2 wds.
24. Vigour
25. Casket alternative
26. Jude _, Canadian yogurt pioneer
30. Cartoon style
33. Montreal's huge cross sits atop it: 2 mots
35. Actor, _ _. Cobb
36. Defrosts
37. Nullify
38. Medea is a tragedy by which ancient Greek playwright?
40. _ _ forth
41. Archenemy
42. Include
43. Grassland
44. "And through a _ on a breaking wall..." - Seal, "Crazy"
48. Cream-filled pastry
52. Sword fight participant
53. Load of washing stage: 2 wds.
55. Ancient column style
56. Coffee brand
57. Fix
58. New: Spanish
59. "Caribbean Queen" singer Billy
60. Soup cube brand
61. Old Ford car

DOWN
1. Styles
2. How two hearts beat in the U2 song: 2 wds.
3. Health: French
4. Tagish man credited with discovering gold resulting in the Klondike Gold Rush of the Yukon: 2 wds.
5. Hershey Canada's hyphenated-name treat
6. Ms. Jackson
7. Ripened
8. "Spectacular!"
9. Led Zeppelin song sharing the name of a disputed region of Asia
10. Low-cal
11. Mr. Sharif
12. Geological epoch suffix
13. Shoes brand
19. Drywall _ (Aids for ceiling painters)
21. Roll
24. Air ducts
26. Some bananas
27. Online music/audio sharing platform
28. 007 character Vesper
29. George of "CSI: Crime Scene Investigation"
30. Ginger drink
31. Nine: German
32. 'Prem' suffix (Film's big debut)
33. Howard Stern, 'King of All _'
34. Brit's bathroom
36. Kevin Pollak's new documentary, "_ Loves Comedy" (2015)
39. Saskatchewan village, _ Narrows
40. "The Age of _" (2015) starring Blake Lively
42. "_ you sure?"
44. Fire: Spanish
45. Fork's 'fingers'
46. "_ _ always said..."
47. Mil. rank: 2 wds.
48. Gas station
49. Canadian politics channel
50. Wrinkle
51. Singer/songwriter Paul
52. Nero's 559
54. Zagreb's land to the IOC

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
No, you are not the most subtle member of the zodiac, but why should you be? Your in-your-face attitude will work in your favor today, especially in your career where you need to be more assertive – yes, even more so than usual!

Taurus April 21 - May 21
If you are happy with your life as it is then don't change a thing, no matter how hard others try to persuade you to set new goals. You are at your best when you know where you stand.

Gemini May 22 - June 21
It might be a smart idea to adopt a low profile today. The planets warn there are some angry people out there in the big, bad world, so keep your head down.

Cancer June 22 - July 23
You will find yourself up against a stubborn opponent today. Fortunately, the world is a big enough place for both of you — so long as you are on different continents!

Leo July 24 - Aug. 23
Something will happen today that catches you off guard and you will wonder how you could have missed signs that, with hindsight, were so glaringly obvious.

Virgo Aug. 24 - Sept. 23
It may be easy to change things but before you start moving this here and that there, ask yourself if it is necessary. Chances are you will be changing not because you want to but because you think it is expected of you. It isn't, so don't.

Libra Sept. 24 - Oct. 23
There are ways to get what you want without turning people against you, so watch what you say and do and, especially, try to avoid treading on the toes of those who can tread back just as hard.

Scorpio Oct. 24 - Nov. 22
You may have failed at something but it's no big deal — at least you made an effort and had a go, which is more than a lot of people manage to do.

Sagittarius Nov. 23 - Dec. 21
Whatever barrier may be in front of you it won't be long before you find a way to break through. Strive to be strong, mentally and emotionally, and before you know it what you thought was an immovable obstacle will begin to shift.

Capricorn Dec. 22 - Jan. 20
Have confidence in yourself by all means but don't think that merely by turning up everyone else will back down and make it easy for you to win. They won't.

Aquarius Jan. 21 - Feb. 19
You won't be content to sit back and watch the world go by today — you will be out there doing things that get you noticed. However, make sure you get noticed for the right reasons.

Pisces
Feb. 20 - March 20
You have been far too nice of late, so now you need to even things up and make sure you get what you desire, regardless of whether others think you should have it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			5		4			
				3		7		
	8	1				5		
2				8				5
	7		6		9		2	
3				4				1
		3				4	9	
		5		6				
			9		7			

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